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Weekly audited distribution (51 weeks) to 31/12/18 - 45,308 (GEM Series). Audited by David Pinder & Co Ltd. Chartered Accountants.
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THURSDAY JANUARY 9TH, 2020

Gavin & Stacey clapperboard auctioned off to raise cash for charity - page three

Health Beauty & fitness

Homes evacuated as armed police deployed in Barry

SOME residents were forced to evacuate from their homes in Barry over the weekend as armed police officers dealt with an incident in the town.

Armed officers were drafted in to help colleagues at North Walk, in the Colcot area of the town, at around 2.10pm on Sunday, January 5.

A suspect refused to cooperate with officers and a police negotiator, along with partners from utility companies, were sent to the scene because of threats made by the man.

Police arrested a 25-year-old man on suspicion of aggravated burglary shortly after 6pm.

He remains in police custody in Bridgend.

A spokesman for South Wales Police said: "A number of neighbouring properties were evacuated as a precautionary measure, and those affected are thanked for their patience, cooperation and support."

Swimmers take the plunge in aid of children's hospice

See more photographs, taken by Andy Wicks, and the full story on page 17.

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Readers' Letters

Please keep your letters BRIEF and address them to: The Editor, at Glamorgan GEM Ltd, Graig House, 53 Eastgate, Cowbridge CF71 7EL or email editorial@glamorgan-gem.co.uk

• Letters and e-mails MUST include your FULL address, contact telephone number. We reserve the right to edit all letters. We do NOT accept anonymous mail.

Vale MP 'not cleared'

IT appears that The GEM is once again printing misleading headlines about Alun Cairns.

Even after the complaints from readers about how you reported his resignation in November, you've now printed the claim that he has been 'cleared' on the front page of the paper.

He hasn't.

The article on page 3 actually says that the chairman of the inquiry into Mr Cairns' conduct felt that he was unlikely NOT to have known about the nefarious activities of his friend Ross England, but that no proof could be found that he did know, therefore the allegation against him failed for lack of evidence.

On the other hand, we still have the e-mail which, if Mr Cairns ever took the trouble to read it, contained information to the effect that Mr England was "confident" that he had got away with his misconduct.

In other words, the Conservative Party could go ahead and allow Mr England's candidature as long as no one asked too many questions, and Mr Cairns didn't need to worry that it would be found out and reflect badly on him.

As it turned out, this was bad advice, and it speaks of a sense of entitlement on the part of both Mr England and his mentors.

The fact that Mr Cairns chose not to question Mr England's candidature shows that, while he may not have been in technical breach of the government's ministerial code, he was certainly guilty of poor judgement in failing to recognise the seriousness of the matter. Ignorance is not a very convincing defence.

(Name and address supplied)

GEM NOTE:

Mr Cairns was cleared of breaching the Ministerial code, so the headline is accurate. The article, as the letter writer acknowledges, repeated Sir Andrew Allen's assertion that he found it 'unlikely' that Mr Cairns would not have been told about Mr England's conduct during the abandoned rape trial.

The GEM is confident that readers are able to read the facts as reported and make up their own mind.

Charity continues to grow

WE at Cardiff and Vale Fibrofighters are pleased to say that we have finally been officially given our charity number.

We would like to thank everyone for their support during the process and without you we would have struggled to grow as we have.

Special thanks to Vale MP Alun Cairns who, alongside Glamorgan Voluntary Services, has given much help and support.

We have had help from lots of other areas too, with backing from the police, Cardiff Airport and the NHS throughout, including the wellbeing nurses.

With all this help we have grown to be running three groups over Barry, Penarth and Fairwater.

We give support and advice to sufferers and their carers of the neurological disease fybromyalgia, and hope to expand the groups to cover all of Cardiff and the Vale.

All are welcome to our groups, which run on a drop-in basis

The Trustees, Linda, Monique and Alan.

Abolition of Barry Town Council

THE insignificance of the voting and meetings at the Barry Town Council: we find it using our taxes to see to the future of the carpet at Wetherspoons Barry, otherwise known as 'Carpetgate'.

The role of the Barry town council and its councillors is so insignificant to our community, and a waste of £100,000 of taxpayers' money every year. In general excluding the fine work of that at Llantwit Major, town councils are pretty pointless, to the extent that the political parties that these councillors represent in these halls, they are never mentioned on their political party websites.

Relating to the representation at these town councils, we never see their mention listed on the BBC national stats.

Should we start seeing discussions on a referendum for the abolishment of the Barry Town Council demonstrated by 'Carpetgate'? Don't we see the result of having less councillors an affirmation of focus as was seen with the unitary authority changes in 1996; with the amalgamation of the South Glamorgan County with the Vale of Glamorgan Borough.

It's time Barry Town Council went, they have survived in Rhoose without such a carbuncle.

Karl-James Langford.

Climate change, what change?

THE term 'climate change' was thought up by profiteers in my view to extract even more money out of people's pockets than they do now.

This climate change hysteria is very infectious and targeted towards the gullible. One small example of this is the promotion of these smart meters, what a nonsense.

The only thing these smart meters will do is to divert and guarantee payments to these profiteers, directly from your bank account to theirs, and in doing so making millions from a worldwide population.

The facts are that these significant weather changes are being caused by our universe continuing to evolve, nothing else. You have only to look back in time to the ancient carvings around the would, read the evidence in the Bible and other old scriptures; these will tell their own story of the tremendous changes over the world, over millions of years.

At this moment our global weather is quite stable and has been for many decades, but things are changing. Our universe has been here before and my predictions are that we are going to have tremendous water level rises because of the ice melt, and there will be another ice age in the distant future.

Our world has been too stable for a long time and something will happen, and there is nothing that we can do to stop it as our universe will continue to evolve.

What we do have is a very serious man made pollution problem which needs to be addressed. The world population needs to drastically decrease its toxic, polluting activities, which are causing tremendous damage to the human body and with a high possibility of early death. Traffic exhaust emissions are polluting roadside properties and causing all sorts of health problems and also death.

There has been a massive increase in traffic-related noise in residential areas, which in my view is causing a big rise in mental disorders such as dementia. Another toxic problem is the minute plastic particles in the drinking water and in the food chain.

Society needs to wake up and get a grip before all these toxins spread any further. We could have had hydrogen and electric powered vehicles years ago, but there was no appetite because there are too many profiteers worldwide with their fingers in the pie and they are not going to give up their means of vast profits until they are forced too.

Another serious man made pollution problem is the promotion by authorities, of these toxic, belching incinerators within highly populated areas causing untold health problems. These amateurs and their advisors in the Welsh Assembly and the Vale Council should have their ability to manage assessed by an independent, experienced panel to sort out the wheat from chaff before they do any more damage to our society.

In my view, at the moment we have the blind leading the blind and things need to change.

Referring back to the term 'climate change' which in my view is a nonsense: yes, the sea levels are rising and looking back in time, sea levels increased as much as 70 metres and then they decreased to a period when there was very little water in the Bristol Channel. All this hysteria/false news in regard to the term climate change churned out by the mass media to sell their nonsense stories is causing anxiety within society and needs to be addressed.

Graham Vodden, Penarth.

Rush hour fall – but 'thank you!'

AT the beginning of December I unfortunately sustained a fall when it was dark outside the new Woodlands development on Cardiff Road, Dinas Powys.

I would just like to thank the people who stopped during a busy rush hour to pick me up and take me home. Unfortunately this resulted in a stay in hospital. I did not obtain your names or addresses to enable me to thank you, but you know who you are. Thank you once again.

Jeff Webber, Dinas Powys.

Christmas wreaths helped Air Ambulance

ON behalf of the the Llancarfan Flower Arranging Group, I would like to give thanks to all who helped make, or who bought, our door wreaths this year.

We raised £1,115 making Christmas door wreaths in aid of Wales Children's Air Ambulance.

Our thanks also go to those who gave donations. Wales Children's Air Ambulance are very grateful for the tremendous sum raised.

Mary Grey.

Lost recycling bag returns home...

SOME weeks before Christmas, in the high winds, my new quarter recycling bag blew away.

In spite of looking everywhere I never found it, although it had the name of the house written on it. To get a new one was a longish process and it then had to be collected from Cowbridge library.

Today I came home to find it inside my gate. Thank you to whoever found it and returned it, I am really grateful.

Mrs EM Davies, Boverton.

'Voters thought otherwise' about campaign against Vale MP

IT was excellent to read the letter of support from Gareth Jones for Alun Cairns in last week's GEM.

Not for the first time of late have the media created a story on the basis of absolutely no credible evidence, designed to create as much embarrassment as possible, in this case to Mr Cairns, the PM and the Conservatives and to maximise the adverse consequences.

Not only did we lose a top Secretary of State for Wales we could have lost one of the country's and constituency's very best of MP's.

Fortunately the majority of voters thought otherwise. Added to this the undoubted distress caused to Mr Cairns and his family was appalling.

As for Tim Jefferson's musings based on his lengthy reliance on a Facebook quote, these merely reflect the extent of his chronic political naivety.

Peter Graham-Woollard

Thanks from Sightsavers

I WOULD like to take this opportunity to say thank you to all of the three million plus players of the People's Postcode Lottery in the UK.

Thanks to your support, People's Postcode Lottery has been able to provide over £500 million to good causes since 2005, which is just incredible. Over £3.9 million of this we have been grateful to receive at Sightsavers. Money raised by players has been indispensable in helping Sightsavers to fund vital, sight-saving work in some of the world's poorest countries.A cataract surgery can cost as little as £30 but it has a transformational effect. So once again, a big thank you to all the players in Wales for your support.

Dr Caroline Harper CBE, Sightsavers CEO.

HIGH TIDE TIMES

The high tides listed in this week's Gem are those in Porthcawl. It should be remembered that along the coast, high tides times will vary. For instance, in Barry the high point will be 20-25 minutes later.

UNTIL JANUARY 16

Date	Time	Height (metres)
09/01/2020	05.09	8.9
09/01/2020	17.33	9.1
10/01/2020	05.57	9.4
10/01/2020	18.21	9.5
11/01/2020	06.42	9.8
11/01/2020	19.07	9.7
12/01/2020	07.26	10.0
12/01/2020	19.51	10.1
13/01/2020	08.12	10.1
13/01/2020	20.37	10.2
14/01/2020	08.56	10.0
14/01/2020	21.22	9.9
15/01/2020	09.42	9.8
15/01/2020	22.08	9.5
16/01/2020	10.32	9.7
16/01/2020	22.57	9.1

While the Gem makes every effort to check the accuracy of tide tables, we recommend that anyone putting out to sea, or walking in an area where they could be cut off, should check with a tide table specific to their location.

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Published by: Glamorgan GEM Ltd., Graig House, 53 Eastgate, Cowbridge. CF71 7EL. Printed by TMP Birmingham.

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Calls to scrap town centre parking charge plans

LEFT: Cllr Ian Johnson at the Wyndham Street car park in Barry, one of the town centre car parks for which a new charging scheme has been proposed.

PLAID Cymru councillors have called on the Vale of Glamorgan Council to finally scrap their plans to charge for town centre car parking.

The Council's Draft Car Parking Strategy was released in July 2018 but, more than 18 months later, no decision has been made. More than 2,000 responses were received in the consultation in late 2018, and council committees were highly critical of the proposals in a four-hour meeting last April.

Plaid Cymru councillor Ian Johnson, who represents Barry town centre including King Square, said: "Charging for car parking in Barry town centre makes no sense when we are trying to encourage local people to shop in and around Holton Road. The council plans make no sense in either a financial or practical sense.

"In two of the town centre car parks for which they suggest charging, it would actually cost more to introduce a charging machine and collect money than the amount of money it would raise! After the plans were criticised by council committees, local residents and business owners last summer, we were told that this would be sorted by Christmas, but we're now in 2020 and we are still waiting for a final decision by the council."

Cllr Millie Collins, Plaid Cymru councillor for Barry Docks, including the southern side of Holton Road, added: "Instead of introducing car parking charges, the Vale Council should be working to improve the shopping options on Holton Road to attract more customers.

"Spending so much time on an idea which has so much local opposition has been counter-productive and a mis-use of council resources at a time when they are scarce."

Clapperboard from Gavin & Stacey auctioned off in aid of children's hospice

LEFT: Ruth Jones with the clapperboard.
ABOVE: The piece of memorabilia which sold for £8,100.

A CLAPPERBOARD signed by the cast of *Gavin & Stacey* has sold for more than £8,000 – with the cash going straight to charity.

Stars of the hit Barry-based sitcom, which returned to TV screens at Christmas after nearly a decade, signed the piece of filming equipment used during filming.

The clapperboard, bearing signatures from the likes of Ruth Jones, James Corden, Rob Byron, Larry Lamb, Mathew Horne and Alison Steadman, was put on eBay in a bid to drum up money for Tŷ Hafan children's hospice.

Nearly 75 people lodged bids for the memorabilia with one lucky person picking it up for £8,100 when the auction ended on New Year's Eve.

The clapperboard, which was endorsed by Ruth Jones, was sold to raise money for the charity's £1.5m refurbishment project.

And the fundraising didn't stop there.

Ruth appeared on ITV's quiz show *Who Wants to Be a Millionaire?* on Sunday evening to raise money for the charity.

She told the show's host, Jeremy Clarkson, that she was "abysmal" at quiz shows and would be happy to just get four questions right.

But the former Porthcawl Comprehensive student ended up walking away with £16,000 after getting stumped on a question about James Bond.

A spokesman for Tŷ Hafan tweeted after the show aired: 'WOW, £16K! What a start to 2020 for Tŷ Hafan. Thank you so much, Ruth.'

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AM's surgery

JANE Hutt AM will hold an advice surgery at Citizens' Advice in Barry, 119 Broad Street, CF62 7TZ on Saturday, January 11 from 10am - 11am.

No appointment necessary.

Valeways guided walks

ON Sunday, January 12 meet in Cowbridge town hall car park for 'Cowbridge Without the Cows' at 2pm.

On Wednesday, January 15 the Coffee Shop Strollers of Cosmeston meet at Cosmeston Country Park, outside the cafe at 10.30am.

The same day, the Coffee Shop Strollers of Llantwit Major meet at Llantwit Major town hall at 2.30pm.

On Sunday, January 19 meet at the cliff top car park in Penarth for 'Boats, Trains and Parks.'

Book sale in Penarth

FRIENDS of Penarth Library will hold a book sale, and free drop-in children's craft session with local artist Mari Worth, at the library on Saturday, January 18. It will take place between 10am and 1pm.

Archaeology in Bridgend

AN archaeology group meets at the Hope Baptist Church, in the school room off Station Hill, Bridgend, every Thursday at 2.30pm.

The group look at a different famous person each week. Next week it's Joan of Arc, delivered by the enthusiastic and knowledgeable archaeologist Karl-James Langford MLitt (University of the Highlands and Islands).

For more information, visit archaeologycymru@live.co.uk or telephone Anna Lewis on 07437 747402.

Llandow's Messy Church

A Messy Church will be held in Llandow Village Hall on Sunday January 19 from 12.00 to 2.00 pm.

There will be lots of activities followed by a meal. We look forward to welcoming all ages.

Former Barry Town United manager dies aged 86

ABOVE: Manager Alan Harrington with Barry players at Jenner Park. in 1982

BARRY Town United Football Club was saddened to learn recently of the passing of former manager Alan Harrington, at the age of 86.

As a player, defender Alan made several hundred appearances for neighbours Cardiff City, with his Bluebirds career spanning from 1951 to 1966. He would also earn 11 caps for the national team, featuring in the landmark win over Israel that secured Wales' place at the 1958 FIFA World Cup.

Alan took the managerial reins at Jenner Park in 1980, beginning his spell as Barry Town boss with a 1-0 Southern League victory over Milton Keynes City. After steering Town to a fifth-placed finish in that campaign, Alan would win the Southern League Manager of the Month award for April 1982 (pictured), as Barry won five Southern League fixtures on home soil.

His final game with Barry came in the FA Cup, as Town secured a 2-0 win over Haverfordwest at Jenner Park to set up a tie with Forest Green Rovers.

Group's thank you for helping fight loneliness

HIGHLIGHT Park Neighbourhood Watch would like to thank Age Cymru and Western Power Distribution for the assistance given in helping put on the Winter Celebration.

A spokesman said: "We commenced our Cuppa Walk in sessions in March and it was their assistance that helped us hold the festive occasion.

"The grant we received was part of Age Cymru's wider campaign to combat loneliness and isolation: Highlight Park Neighbourhood Watch were so pleased to receive the generous grant for the happy and festive occasion held on December 23: everyone attending thoroughly enjoyed their time with us, had lots of company, festive eats, raffle and tombola prizes, and joined in the carol singing led by the Highlight Park Singers (a choir established especially for that occasion by volunteers from choirs throughout the area including Barry Male Voice Choir, Barry Ladies, Co Melbion De Cymru, Pheonix choir, Salvation Army and Dubai Mixed Choir)."

Victoria Lloyd of Age Cymru explained: "Loneliness and isolation are a daily reality for many older people in Wales, with 75,000 older people reporting that they 'often or always' feel lonely. The detrimental effects that loneliness has on older people are well documented.

"Isolation and loneliness have been an area of key activity for Age Cymru. Our campaign has raised public awareness of the causes and solutions to tackling loneliness and has encouraged communities and individuals across Wales to take action."

Views sought as company plans to change its environmental permit

A BARRY company has applied to Natural Resources Wales (NRW) to change its environmental permit to increase the amount and type of waste it can treat and store.

JM Envirofuels (Barry) Ltd, on Wimborne Road, Barry Dock, currently has a permit which allows it to treat and store waste wood, which is then sold on to be used as fuel in energy from waste facilities.

It now proposes to accept other types of non-hazardous household, commercial and industrial waste – including metal, glass and plasterboard – before being transferred elsewhere.

It has also applied to accept and store ash produced by energy from waste facilities, such as the Barry Biomass facility. This is non-hazardous ash collected from the bottom of the furnace following the process of heating wood fuel.

The proposed change would increase the amount of waste the site is allowed to treat and store annually, how much waste it can store at any one time, and how long it is allowed to store waste on site.

As NRW begins an assessment of the company's proposals, it launched a six-week consultation which started December 16, with local people, businesses and specialists including Public Health Wales and South Wales Fire and Rescue.

It is an opportunity to raise concerns or provide NRW with important, relevant information as it assesses the application.

A drop-in session will also take place today (January 9) from 1:30pm until 6:30pm at the Castleland Community Centre, Barry where people can find out more about the company's plans and the permitting process. Caroline Drayton, operations manager for NRW said: "What the company proposes to do is significantly different to what it's currently permitted for. It's now our job to examine the application carefully to see if they have the correct measures and plans in place to operate it safely.

"As well as the advice we receive from other specialist organisations, local information is also incredibly valuable to us. All comments we receive as part of our consultation will be considered when it comes to making our decision.

"We will only change the company's permit if we are confident that they can operate it in a way which would not cause harm to nearby communities or the environment."

The consultation will close on Monday, January 27. Electronic copies of the application are available on the NRW website through the online public register. A hard copy is also available by request to the email or postal address below. All comments need to be received in writing by Monday, January 27 to: permittingconsultations@naturalresourceswales.gov.uk or: Permitting Team Leader (Waste), Natural Resources Wales, Permitting Service (Cardiff), Cambria House, 29 Newport Road, Cardiff, CF24 0TP.

The application can be searched for in the on-line public register at publicregister.naturalresources.wales/ using the reference PAN-006045.

Ambitious scheme to build 500 council properties gets underway

THE Vale of Glamorgan Council has begun an ambitious programme of work to increase affordable housing provision that will see more than 500 council properties built over the next five years.

As part of a broader initiative to meet demand, further affordable homes are being delivered in conjunction with housing associations or as part of market developments.

Two sites are already under construction: Brecon Court in Barry is a 28-property project consisting of both accommodation for older persons and family homes, while Holm View consists of 11 bungalows specially designed to meet the needs of families with a disabled adult or child.

Since the start of the financial year, 177 affordable homes have been built in the Vale: a mix of social rented homes, available to rent at less than market level, and low-cost homes which can be purchased by first-time buyers at 70 per cent of the market price.

Of these, 74 have been delivered by housing association partners, including 22 'adapted' homes for people with mobility restrictions.

The remaining 103 have been delivered by market developers as a condition of planning permission.

Cllr Margaret Wilkinson, Cabinet Member for Housing and Building Services said: "Affordable housing accounts for an average of 30 per cent of new developments, while our house building programme will see 500 council homes built in the next five years. The social housing we and our partners are providing consist of modern, comfortable living spaces, some specially designed to cater for those with mobility difficulties.

"Working together, the council, our partnered housing associations and the development industry are trying to maximise the level of affordable housing to provide safe and secure homes for people who need them. With house prices continuing to rise, getting on the property ladder remains a difficult challenge for many so it's important we also take steps to address this issue."

Email your stories, photos, letters and sports reports to editorial@glamorgan-gem.co.uk

Youngsters roar into 2020!

ON the first day of the new year the Reception children of Albert Primary in Barry stepped back in time to the Cretaceous Period to immerse themselves in their new topic 'Dinosaurs'.

The children had an exciting visit from Chris, the head ranger and founder of Dino4Hire.

They were shown a wonderful introduction video and after this Ranger Chris introduced himself to the children: he asked all the children what their favourite dinosaur was and asked them to do impressions of the dinosaurs.

After this the children had the opportunity to watch a 'dinosaur egg' hatch and then meet the baby dinosaur, Trixie the Triceratops.

The children studied replica dinosaur eggs and claws and Ranger Chris talked about their environment and uses.

They also learned about the extinction and how it happened, and also got to touch real fossils.

Without doubt, the highlight of the visit was when the children got to meet the four-metre-long Ronnie the T-Rex.

He was very well behaved and the children had some fun with him.

The dinosaur workshop included so much information, excitement and fun.

We have no doubt that the children will remember this day for a very long time, as will all the teachers.

There really is no better way to learn than to have fun and this was 'ROAR-some'!!!

Written by the Albert Primary Media Monitors

Pupils go back in time

YEAR 5 pupils at Ysgol Gymraeg Sant Curig in Barry travelled back in time recently to the Victorian era.

They have been working hard on the theme all term and celebrated it all by welcoming parents and family members to their 'live waxwork museum'.

The pupils represented a character from the Victorian era which varied from Albert Einstein to Florence Nightingale. A truly fantastic day!

Teithiodd disgyblion, blwyddyn 5, Ysgol Gymraeg Sant Curig yn ôl yn amser yr wythnos hon i'r Oes Fictoria. Maent wedi bod yn gweithio'n galed ar y thema trwy'r tymor a dathlwyd y gwaith gan groesawu rhieni ac aelodau o'r teulu i'w 'Amgueddfa fyw'. Roedd y disgyblion yn cynrychioli cymeriad o'r Oes Fictoria a oedd yn amrywio o Albert Einstein i Florence Nightingale. Am ddiwrnod arbennig!

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POPPADOM	0.70
SPICY POPPADOM	0.80
CHUTNEY TRAY	2.50
POPPADOM SET	4.50
CHUTNEY	0.75
PICKLE	0.75

APPETISERS

MURGH TIKKA CHAAT	3.50
ONION BHAJI	2.95
BHUNA PRAWNS ON PURI	3.95
PANEER KURKURI	3.50
LAMB SEEKH KEBAB	3.50
TANDOORI CHICKEN WINGS	3.50
CHICKEN PAKORA	3.50
SAMOSAS – VEG OR LAMB	2.75
MIXED TANDOORI	4.50
TIFFIN PLATTER	6.50

CHEF'S SPECIALS

GARLIC CHILLI CHICKEN	7.00
MURGH PALAK PANEER	7.50
KORI GASSI	7.00
KOLKATA KASUNDI CHICKEN	7.00
KASHMIRI LAMB ROGAN JOSH	7.50
GOAN CHICKEN	7.00

SIDES

BOMBAY ALOO	3.25	TARKA DAAL	3.25
MUSHROOM BHAJEE	3.25	CURRY SAUCE	3.25
ALOO GOBHI	3.25	CHIPS	2.50
KHUMB PALAK	3.25	CUCUMBER RAITHA	1.50
SAAG ALOO	3.25	KACHUMBER RAITHA	1.50
SAAG PANEER	3.25	KACHUMBER SALAD	1.00

TANDOORI

TANDOORI CHICKEN	3.50	6.50
CHICKEN TIKKA	3.50	6.50
LAMB TIKKA	4.25	8.00
GRILLED LAMB CHOPS	4.50	8.50
PANEER TIKKA	3.50	6.50
TANDOORI KING PRAWN	6.50	12.50
CHICKEN SHASLIK	7.50	
KEBAB PLATTER	10.95	

BIRYANI

HYDERABADI BIRYANI
Biryani options:
Chicken 7.00 / Lamb 8.00 / Chicken Tikka 7.50 / King Prawns 12.95 / Veg 6.00

MAHARAJA BIRYANI	8.95
KOLKATA LAMB BIRYANI	8.95

RICE

STEAMED RICE	2.20
PILAU RICE	2.40
GARLIC RICE	2.95
COCONUT RICE	2.95
EGG FRIED RICE	2.95
MUSHROOM RICE	2.95
CHICKEN RICE	3.50
KEEMA RICE	2.95

TIFFIN RASOI SPECIALS

ALLEPPY FISH CURRY	12.95
BEEF CHETTINAD	8.50
FIRST CLASS RAILWAY LAMB CURRY	8.50
DHABA CHICKEN	7.50
HIGHWAY CHICKEN CURRY	7.50
KOSHA MANGSHO	8.50
RAJASTHANI LAAL MAAS	8.50
MURGH HANDI	7.50
PUNJABI TARIWALA GOSTH	8.50
MEEN MOILEE	12.95
RARA MURGH	8.50
OLD DELHI BUTTER CHICKEN	7.50

CLASSICS

VEGETABLE	5.95	CHICKEN TIKKA	7.00
CHICKEN	6.50	LAMB	7.50
		KING PRAWN	12.00

TIKKA MASALA, PASANDA, KARAHI, KORMA, BHUNA, SAGWALA, JALFREZI, PATHIA, MADRAS, NAGA, DHANSAK, BALTI

BREADS

PLAIN NAAN	2.10
KEEMA NAAN	2 .40
PESHWARI NAAN	2 .40
GARLIC NAAN	2.40
CHILLI CORIANDER NAAN	2.40
TANDOORI ROTI	1.80
PARATHA	2.25
CHAPATI	1.25

VEGETARIAN

MILONI SABZI	5.95
ALOO CHOLE	5.95
PANEER BUTTER MASALA	6.50
CHANA MASALA	5.95
KARAHI PANEER	6.50
SAAG PANEER	6.50

DESSERTS

Kulfi Ice Cream	2.25
Gulab Jamun	2.25

DRINKS

Mango Lassi	2.25
Cans (330ml)	1.00
Bottles	2.50

ALLERGY ADVICE

Some items may contain traces of nuts or daily products.
if you are allergic or have any food intolerance, Kindly let us know when ordering.

MEET YOUR MEMBER OF PARLIAMENT

MP Alun Cairns talks about the New Year's Honours List, the recent election and looks back on the last decade in his monthly column for The GEM

HAPPY New Year to everyone.

As the new year dawned, it was a delight to see that so many of the Vale's finest have been recognised in the Queen's New Year Honours. I pay tribute to the recipients in the Vale - George Evans BEM, Pat Finch BEM, Sharon Lovell MBE, Graham Colin Budd MBE, Christopher Brereton OBE and Andrew RT Davies CBE.

These demonstrate the best of voluntary and professional commitment to the community and to our country.

I remember visiting George Evans at his table tennis club in Barry when I was first elected to Parliament, over 9 years ago. He has coached and mentored hundreds of young people in table tennis. The hall was electric with the tapping of balls on tables and bats. I remember thinking that George would be incredibly deserving of such an Honour for all he has done for the sport and our community. I am delighted that this has come to fruition.

It has also been a privilege to support Barry Beavers disabled swimming club and to see the leading role Pat Finch has played over many years. Pat has provided so many people who live with disabilities the confidence and opportunity to get involved in competitive swimming. Her role in raising funds, organising galas has made a difference to the lives of many.

Although Russell Goodway is a Cardiff Councillor, he lives in Barry. He has played a major part in the redevelopment of the City, something that we all enjoy. A well deserved OBE for helping make Cardiff a leading European City.

Sharon Lovell, an equal rights campaigner from Barry, has been recognised with an MBE for services to children and young people. Sharon serves as the National Executive Director of NYAS (National Youth Advocacy Service) and is a vice chairwoman for Amnesty International UK. The importance of her role should not be understated.

Graham Budd, from Rhoose, received an MBE for his services to community policing in Cardiff as a Detective Constable in the South Wales Police force. I know former South Wales Police colleagues of Graham's who have said that his award is long overdue and commented that he was one of the best officers they had worked with.

Christopher Brereton, Chief Environmental Health Officer in the Welsh Government, was awarded an OBE for services to environmental and public health in Wales. As I have seen during my time in office, civil servants play an incredibly important role in crafting government policy and I welcome the news that Christopher has been recognised for his contribution.

Finally, I am very pleased that my colleague Andrew RT Davies has received a CBE for the significant role that he has had in Welsh politics. He is one of our big characters and served as a strong Leader of the Official Opposition in the Assembly. This is a senior honour that recognises his influence not only locally but across Wales and beyond.

Following last month's General Election, I would like to thank everyone in the Vale of Glamorgan for restating their confidence in the Conservative Party and in me to deliver on our country's priorities. I am privileged and humbled to have gained the highest Conservative vote in Wales and for exceeding the previous record share of the vote that the late Sir Raymond Gower gained in 1983.

If you voted for me, thank you and I will do all I can to live up to your hopes and expectations. If you did not, gaining your confidence will be my priority.

The Prime Minister recently stated: 'you are the masters and we are the servants.' Nothing could be more appropriate.

As we enter 2020, I feel a sense of renewed optimism for the Vale and for the country.

Over the last decade, we've benefitted from positive developments in the Vale, such investment by Aston Martin to establish a production plant in St Athan, regeneration in Barry and the extension of superfast broadband.

I believe that we are in a great position to build on this and enjoy even more success in the decade ahead.

Across the country, the General Election resulted in an overwhelming win as people from different communities came together to endorse our plan to deliver on your priorities - like getting Brexit done, securing more investment for the NHS and putting more police officers on our streets. The South Wales force have already started the recruitment process and we will see more police on our streets in due course.

We are in a position to make a positive difference to people's lives. It's an opportunity we must grasp with both hands and I will be working tirelessly to ensure that communities in the Vale benefit from a forward-thinking and re-energised Conservative Government.

I look forward to working with you to achieve this over the next five years and if there are any matters that I can help you with, please be in touch.

I hope you all enjoy a happy, healthy and successful start to the new decade.

New health hub for Barry

PATIENTS of GP practices in the Central Vale Cluster with less serious conditions are being directed to a new 'Primary Care Hub' that will run over the winter months.

It is available to any patients registered with any GP practice in Barry as well as Sully Surgery.

A spokesperson for the cluster said: "Everyone recognises that there's an increased demand on GP services and so this pilot aims to test ways to alleviate the growing pressure on GPs and the out of hours service, particularly during the busy winter period when demand goes up."

The hub is supported through Welsh Government winter funding until the end of March 2020. It will operate centrally in Barry between 10.30am and 7pm Monday to Friday. Patients will contact their GP in just the same way as they do now but for certain conditions an appointment will be made at the Central Hub with a qualified clinician which means patients will be seen sooner.

Patients are reminded that they can still visit their local community pharmacy for advice, support and treatment of common minor illnesses and ailments.

Funding will allow the Hub to operate for a limited time only over the winter but the Central Vale Cluster, supported by Cardiff & the Vale UHB, will monitor and evaluate the use of the service to look at adapting and planning services in the future to best meet patient care.

Busy time for Ukelastic

A FULL programme of engagements over the Christmas period kept the Vale Ukelastic band busy: from playing at the turning on of Llantwit's Christmas lights to fundraising for the Alzheimer's Society at the Filco supermarket, when over £300 was collected.

Throughout December the band supplied musical entertainment for the Town Twinning Association fundraiser, the Llantwit Major WI's Christmas dinner and for the Llantwit Stroke Group. Over the past year the band has performed at some 30 venues and has raised a considerable amount for the Vale Foodbank and other charities.

New Year, New You with Valeways!

WANT to feel better, have more energy and have fun? Then join our walking group at Cosmeston Country Park, Penarth.

Exercise has many benefits including burning calories and can prevent and manage health problems. But everyone knows that! So make time this new decade to exercise more and feel some of the benefits.

The group managed to keep their boots relatively clean for the first walk of 2020, despite the previous weeks of rain turning many paths to muddy puddles. No promises about clean boots for this year, but in two years the group has only experienced a light rain shower.

February's walk is a change from the normal plan: it's the second Thursday of the month, then back to the first Thursday for March and the rest of the year. Hope you can join us.

Lynne Frugtniet, Valeways Walk Leader

Double celebration for lucky Pat

RHOOSE Community Library is delighted to announce Pat Finch BEM as the first prize winner of the December draw, of their monthly library lottery.

It is a double celebration for Pat, who was awarded the British Empire Medal for 40 years of services to swimming for the disabled with Barry Beavers in the recent New Year's Honours List.

Pat is pictured receiving her cheque from library trustee Sheila Williams.

The Library Lottery is open to everyone over the age of 18 and a regular subscription of £4 per month provides a valuable income stream for Rhoose Community Library, with the fun of a monthly flutter. Call the library on 01446 710220 to find out more.

A Christmas guest who has stayed on…

SOME Christmas guests turn up and are so comfortable that they decide to stay on into the New Year and beyond.

That's the case for local photographer Mike Wilcock, who first noticed this visitor in his garden over Christmas.

Mike told The GEM: "Our new guest must have enjoyed our garden because since then, every morning at 11am, he has been back, as regular as clockwork."

Seeing 2019 out with a big fundraiser

AS usual 1st Penmark with Porthkerry Scout group and Fourovus Explorer Scout unit ended the year with their biggest fundraiser - Scout Post.

The group would like to thank all the outlets in Rhoose and the surrounding villages for selling stamps and collecting post, and everyone who helped with sorting and delivering.

The end of the year featured sleepovers, Christmas decoration making, parties, learning skills and investitures.

Planning is underway for next term. There will be camping, farm visits, hikes and lots of fun!

This group's next fundraiser is at the Rhoose Social Club on January 18 where The Shameless will perform in what is becoming an annual event. It's a great night supporting a local band as well as raising funds for the Scouts: tickets are £5 from the Social Club or the Scouts or you can message the group on the new Facebook page; search for 1st Penmark with Porthkerry Scout group and Fourovus Explorer Scout Unit. Alernatively the group Scout leader can be emailed gsl@penmarkscouts.org.uk.

Environmentalist scoops award for recycling talk

BARRY Island resident and environmentalist, Brian Mayne, was recently presented a Ben Heath award for an outstanding presentation by the Chartered Institution of Wastes Management (CIWM) at the Billingsgate Centre in London.

The talk delivered by Brian, entitled 'The impact of Artificial Intelligence (AI) and Internet of Things (IoT) on recycling', was part of a conference organised by the London and Southern Counties CIWM, looking at the challenges faced by the waste management industry of new technologies.

Topics such as smart data, automation and robotics were highlighted and practical examples provided on how these can be used to increase recycling.

Brian is a visiting lecturer in Environmental Policy and Management at Cardiff University. He has a wealth of experience in waste management with a background in waste strategy, policy and operational management at a senior level, including the Vale Council.

He is a fellow of the Chartered Institution of Wastes Management, Chartered Environmentalist and is recognised by the International Solid Waste Association as an International Waste Manager.

Council's thanks to retiring PC

PC Emma Mudie is shortly to retire from South Wales Police after serving the community for over 21 years.

She was thanked by Cllr John Fanshaw, chairman of Dinas Powys Community Council, for helping to keep villagers safe.

A spokesman said: "However we will be in good hands with Sergeant Sam Johnson."

PICTURED from left to right: Sam Johnson, Cllr John Fanshaw, and Emma Mudie.

Visit www.glamorgan-gem.co.uk

Ramblers' walk to welcome New Year

JAN and John, plus various Penarth and District Ramblers (and Biddy the dog) said their goodbyes to 2019 with a walk beginning from Cold Knap on a dry but misty morning.

They set off through Birch Grove and up onto the clifftop above the pebble beach. Views were somewhat obliterated by the mist and descending the Golden Stairs and tramping along the pebble ridge at Porthkerry Bay, a climb on a muddy path through woodland led to the Bulwarks Iron Age fort, through Porthkerry Leisure Park and by road to Porthkerry village.

Taking a short break at St Curig's Church, with its preaching cross and the simple gravestone marking the grave of an unknown seaman found drowned in 1866, they slithered their way down a steep muddy track into Porthkerry Country Park and across the boggy main meadow to a footbridge over the Barry Brook.

The leaf-covered Lover's Lane brought them to the ruined Cliffwood Cottage, these remains relating to the 18th century when its most famous resident was Ann Jenkin, purported to be the 'witch of Porthkerry.' With catkins already dangling from trees and ascending the muddy track to pass through narrow pathways between houses at the Garden Suburb, they returned to their start through Birch Grove Wood.

Geraint opened the New Year and was joined by a group of 24 walkers and Biddy, all glad to be out in the fresh air despite a thick wet fog hanging over the countryside.

From the Twyn in Dinas Powys they made their way up Highwalls Avenue to cross part of the Dinas golf course, where a sunken lane brought them to the beech wood and through the steep-sided Cwm George, where jelly ear fungus was spotted on a tree with a door snail which feeds on the fungus.

Exiting from the woodland the fog almost blotted out views to nearby Michaelston-le-Pit and crossing the Cadoxton River to the road, a narrow path at the rear of the boat house led them to the salmon leaps.

Situated below the imposing Cwrt-yr-Ala house, the remaining three lakes separated by weirs were stunning, as the still water was mirroring the surrounding trees and a grey heron was spotted, despite trying to conceal itself.

Following the Wrinstone Brook led them to a field and, tramping to the road at Wrinstone House, a bridge led them over the brook and up a stony track to Beauville Farm. The Beauville Lane brought them to the One o'Clock Gate, where they headed back to Dinas Powys.

On January 11, a five-mile moderate walk at Llanharan will leave Cogan Leisure Centre at 9.30am; call Geraint on 029 2051 5278.

On January 14, an eight-mile moderate walk at Parc Penallta will leave Cogan at 9.30am; call Alison on 07717 820 012.

For up to date information log onto www.penarthramblers.wordpress.com or follow on Facebook.

Joy Strangward

Airport blames Brexit for 'shocking' losses, claims AM

COMMENTING on the news that Cardiff Airport – owned by the Welsh Government since 2013 – has posted pre-tax losses that have nearly trebled in a year to £18.5 million, Russell George, the Welsh Conservative Shadow Minister for the Economy and Transport, said: "If this shocking loss doesn't prove that governments shouldn't own airports – even if operated at 'arm's length' – then I don't know what will."

In its financial statements and annual report for the year ending March 31, 2019 the airport declared a pre-tax loss of £18.5m – almost three times the pre-tax loss figure of £6.6m in the previous year's report.

According to Mr George, a spokesperson for Cardiff Airport reported that the loss was due to the collapse earlier this year of Thomas Cook, an increase in the cost of aviation fuel, and Brexit.

Mr George said: "That just doesn't add up. Trying to blame the UK leaving the European Union for these losses is deflecting to an extreme degree. The airport has been failing for years, and although passenger numbers are tending to rise they are still far below the high point of two million passengers in 2007.

"That's more than a decade to recover, and six years of state ownership; but still, it is posting sky-high losses. In 2012, the year before it was taken into state ownership, the airport made – by comparison – a modest loss of £1m. It's clear that state ownership has done nothing to help Cardiff Airport, but has damaged it. Even as recently as October, the Welsh Labour Government wrote another cheque, this time for £21m, to bail out the airport.

"This takes the loans issued to Cardiff Airport to more than £50 million, which is nearly as much as the cost of buying the airport back in March 2013.

"When will the Welsh Labour Government acknowledge that it cannot keep writing cheques for the airport, and cut its losses and save the taxpayer millions of pounds?"

Huw Lewis, chief financial officer at Cardiff Airport commented: "Our focus this financial year (2018-19) has been to build on the previous transformational year and further strengthen the financial position of the company. As a result we have seen a growth in revenue by over 34% due to improved commercial operations across the airport, notably increasing the departure lounge and retail, food and beverage offering, investing in our car park and car hire offerings.

"For the second year running we have returned a positive EBITDA (Earnings Before Interest, Tax, Depreciation and Amortisation) which is a measure of a company's operating performance and the key metric of which airports are valued globally. The EBITDA has increased by over £70,000 with continued growth forecast for this current financial year.

"During this period we have invested in our operations and prepared for taking over the operation of the St Athan airfield. We have increased our headcount by over 9% to meet the growing business demands and brought forward our commitment to pay at least the Real Living Wage to all Cardiff Airport employees.

"In light of the continuing volatility and uncertainty in the global economy and specifically the aviation industry including recent airline failures, we have reviewed the life over which we measure our intangible assets and taken the prudent decision to 'write down' the value of these assets. This has resulted in an exceptional charge of £9.3m which is reflected in our accounts for this financial year."

AM awarded CBE in New Year's Honours List

PAUL Davies AM has led the congratulations to Welsh Conservative politician Andrew RT Davies who received an award in the 2020 New Year's Honours List.

Mr Davies, the Leader of the Opposition in the Welsh Parliament, said that Andrew had been made a CBE in recognition of his political and public service over many years.

He said: "Andrew RT Davies AM has been an exceptional Assembly Member and has justifiably earned respect from politicians across the political divide in all parts of the United Kingdom. He was elected as Leader of the Welsh Conservatives in 2011, and served that role with distinction until 2018.

"A proud Welshman, Andrew always wants to make sure that Wales is represented at key events, and that his constituents are always dealt with efficiently, effectively and with great understanding. The then-Prime Minister, Theresa May, said that, 'Under Andrew's leadership, the Welsh Conservatives have provided a strong opposition to Labour in Cardiff Bay and a strong voice for the people of Wales, both at home and in Westminster'."

In addition to Andrew's political career he is a keen supporter of cancer charities, is an active member of the Parliamentary and Assembly rugby team which raises money and awareness for local charities and good causes.

He is also the president of the Young Farmers, is a life Governor of the Royal Welsh Agricultural Society, and a Welsh delegate on the Council for the National Farmers Union (NFU). He also serves as a councillor for the Rhoose ward on the Vale of Glamorgan Council.

Mr RT Davies said: "To have been included in The Queen's New Year honours list has come as a huge surprise and is very humbling. This is a fantastic honour and it wouldn't have been possible without the support of my wife, children, the fantastic members of staff and Conservative party activists who I've had the pleasure of working with since entering the Welsh Assembly in 2007.

"It's easily forgotten in the heat of today's political debate that families sacrifice a huge amount when a husband and father opts for a position in public life, and I'm particularly grateful for their unstinting and continuing love.

"I'm by no means done yet; and this award only inspires me to continue standing up for my constituents, promoting the important causes that are closest to me, and ensuring we deliver a better future for people and communities right across Wales."

Miners Pension Compensation

We are successfully claiming compensation for former Welsh miners who transferred out of the Mineworkers Pension Scheme.

Many Welsh miners were advised to transfer out of their British coal pension scheme to a private scheme which paid considerably less! This was bad advice and many retired miners or their widows have lost out.

OTHER WORKERS AFFECTED!

• British Rail • British Gas • Civil Service
• Local Government • Dockers • Armed Forces
• Private Companies • Electricity Board • Teachers

Example 1 - £62,000

Mrs N. worked for the **LOCAL GOVERNMENT** in **CARDIFF**. In 1991 she was persuaded by a sales agent of **STANDARD LIFE** to transfer her pension to them. When she retired she realised she was getting a much lower pension than her friends who stayed with the Government Pension. Compensation - £62,143.

Example 2 - £87,000

Mr G. from **SWANSEA** was in the **ARMED FORCES**. In 1989 he was persuaded by a sales agent of **SCOTTISH AMICABLE** (now the Prudential) to transfer his Army Pension to them. He was promised a better pension. His pension was actually much less than the Army Pension. Compensation £38,724.

In the 1980's and 90's many people were persuaded by sales agents to transfer OUT of their work pension on the promise of a better return, however this was not true.

If you know a coal miner or someone else this might apply to, please make them aware of this information.

Example 1 - £87,000

Mr C. from **RISCA** worked at **CWM**. After the pit closed in 1986 he was advised by an agent of the **PRUDENTIAL** to transfer out of the miners pension. When he retired he noticed his pension wasn't as much as his friends who stayed in the miners scheme. Compensation £87,649.

Example 2 - £48,000

Mr W. from **PONTYPRIDD** worked at **MERTHYR VALE**. After the pit closed in 1989 he was advised by an independent financial advisor to transfer his miners pension to **SCOTTISH LIFE** (now Royal London). Even though the financial advisors were no longer in business he received compensation of £48,000.

Example 3 - £103,000

Mr J. from **CAERPHILLY** worked at **PENALTA**. After the pit closed in 1991 he was advised by a sales agent of the **PRUDENTIAL** to transfer out of the miners pension. This was not good advice, he lost out as a result. Compensation - £103,759.

Example 4 - £112,000

Mr H. from **PORTH** worked at **ABERCYNON**. After the pit closed in 1988 he was advised by an agent of **PEARL ASSURANCE** (now Phoenix Life) to transfer his miners pension to them. He noticed his pension wasn't as much as his friends who stayed in the British Coal Scheme. Compensation - £112,638.

If you transferred out of work pension scheme and would like a **FREE REVIEW**, please either call us on **FREEPHONE**:

0800 988 7997

or return the form below

Name

Address

Tel

I transferred out of the mineworkers pension to

Please can I have a Free Review to see if I am eligible for a payout ✓

Signed Date

Please address to: Miners Pension Compensation Dept, Corries Solicitors Ltd, 11 Melroses Yard, Walmgate, York, YO1 9XF.

Miners Pension Compensation is a trading name of Corries Solicitors Ltd, Melroses Yard, Walmgate, York YO1 9XF. Regulated by Solicitors Regulation Authority no. 424101.

Youth project expands after police cash boost

A DIVERSIONARY youth project which has proved successful in reducing antisocial behaviour in Bridgend Town Centre is set to expand thanks to funding from the South Wales Police Youth Trust.

Roots, a subsidiary of Youth Works, already offers a weekly youth session in the town centre, which is funded by Bridgend County Borough Council.

But the facility is now able to offer a second night of activities, after the local Community Safety Partnership successfully applied to the Youth Trust for funding of £3,600.

Kelly Thomas, antisocial behaviour (ASB) officer for Bridgend, who was instrumental in securing the funding, said: "Bridgend Town Centre had seen a spike in youth-related antisocial behaviour in recent months.

"While we realise that ASB causes annoyance and distress to members of the public we also recognise that youth centres and youth facilities have been in decline in recent years, meaning young people have nothing to do.

"The subsequent boredom can lead to antisocial behaviour, and we wanted to provide a reprieve from ASB in the town centre while also providing the young members of the community with somewhere to go.

"Roots are thoroughly deserving of this funding, and I believe they will really help us to make a difference in the town. They are highly skilled in engaging young people and providing them with activities and events that they actually want to be part of.

"The funding will allow them to provide sessions on a Tuesday evening, in addition to the one already running on Wednesdays. The session will offer music workshops, recording and mixing techniques and provide young people with the chance to learn how to play the drums, keyboard and bass.

"The youth workers also offer circus skills, cooking skills, crafts and sports and exercise.

"These are free workshops and are aimed at engaging with local young people, providing them with a safe and secure place to hang out and socialise."

The sessions will run weekly, from 4pm to 6pm on Tuesdays, and from 5pm to 8pm on Wednesdays.

All local youths are welcome; the youth centre can be accessed via the building with the red door, next to the Zone on Dunraven Place, Bridgend.

Roots also offer youth provisions on Mondays - at Sarn Memorial Hall from 4pm-6pm, and at Pontycymmer Vetz from 6pm-9pm.

Mother's thanks to football coaching team

A MUM from Barry has thanked the three coaches who organise her son's football team, for their work in coaching the boys and in creating a great team spirit.

Joanne Linney told The GEM: "My son Sam plays for Island Marines Football Club under-13s.

"We have three marvellous and dedicated coaches: Dave Philips, Mark Frayne and Gav Price, and their sons Jack, Max and Sam, also play for the team.

"They give up so much of their time training twice a week, with matches on Saturday morning, and on arranging tournaments around Cardiff and even Ledbury. "They have organised fundraising activities, including bag packing in Tesco.

"They also have completed their coaching certificates as required by the FAW.

"They treat all the boys equally and ensure every player gets a game. The majority of players have been part of this team since they were four years old and have such a strong bond. They are a great team and friends on and off the pitch.

"Dave, Mark and Gav keep the team spirit alive."

Joanne continued: "Every Christmas our coaches organise a party for the boys which goes down very well. This year they played Zorb Football at Gol. It was a huge success and they absolutely loved it.

"I know that all the parents want to let our coaches know how much they are appreciated."

Email your stories, photos and letters to editorial@glamorgan-gem.co.uk

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jan.irving@glamorgan-gem.co.uk
wendy.snatchfold@glamorgan-gem.co.uk

An evil queen at Llancarfan – Oh no there isn't!

DURING the last week of term, pupils at Llancarfan Primary School performed two wonderfully polished Christmas plays for their family and friends.

Children in foundation told the traditional nativity story to a packed hall of proud parents and grandparents, enchanting everyone with their acting and singing.

The junior children put on a spectacular and not so traditional production of Snow White and The Seven Dwarves; and in true Christmas pantomime style there was lots of booing and hissing at the evil queen and plenty of laughs and audience participation throughout.

The children worked extremely hard – they narrated clearly, acted their hearts out and sang beautifully!

The sheer volume of lines and songs that they learned and performed so confidently was extremely impressive and we are very proud of them all. Watch out Broadway, here come Llancarfan!

Local man's book will 'shatter stigmas' faced by fathers

A MAN from Ogmore Vale who has been campaigning to improve men's mental health has just co-written his second book.

Mark Williams used his own experiences as a starting point, recalling that he found dealing with fatherhood led to mental health issues.

Determined to raise the profile of a condition that was, he felt, in many cases ignored, he started his campaign and wrote his first book.

In recent years, he has been collaborating with Dr Jane Hanley and the book, entitled 'Fathers and Perinatal mental Health' is the result.

Mark left school at 15, and suffered years of low self-esteem. In 2004, he experienced depression and "suffered in silence" for years until he entered community mental health services, where he was diagnosed with ADHD and dyslexia.

He founded 'International Fathers' Mental Health Day' and the #Howareyoudad campaign to make sure all parents are having support for the whole family.

Mark has spoken on television and radio stations around the world while working with Dr Jane Hanley, and they have published articles together.

Mark was awarded 'Inspirational Father of the Year' and 'Local Hero' at the Pride of Britain Awards in 2012.

He was invited to meet The Royal Family on World Mental Health Day and was also awarded the 'Point Of Light' award by the Prime Minister in 2019.

Mark told The GEM: "It is only in recent years that there has been development in the awareness of the father's mental health.

"Yet, his mental health can influence the mother, the infant, the family and society. This book seeks to address the reasons why the father, or the potential father, could suffer from a mental disorder or illness during the perinatal period, his reactions, and what can be done to help him."

The book explores the way in which fathers' mental health has presented in the past and how it presents now. It looks at the father's attitudes towards his mental well-being and how he may self-manage and self-medicate.

Treatment options and types of medication are discussed as are the ways in which the father can access the best possible help and support. Stories from fathers who have suffered from a particular mental illness or condition help others to understand both the practicalities and realities.

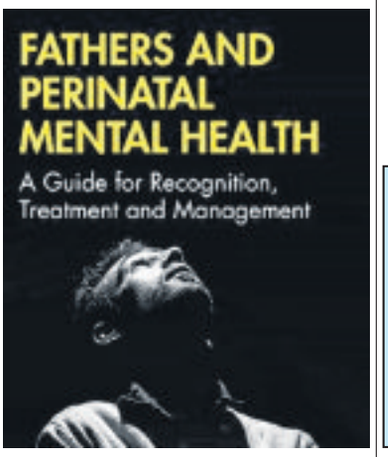
Dr Andrew Mayers, perinatal mental health expert at Bournemouth University, said of the book: "This exceptional book by Mark Williams and Dr Jane Hanley is likely to quickly become the go-to resource for fathers' mental health.

"Written expertly and sensitively, it covers everything we need to know about diagnoses and conditions, the impact on the whole family, infant bonding and interaction, and crucial information on treatment and management.

"This book will shatter the stigma that fathers face and help make it more likely that they will come forward to get the support they need."

ABOVE: Mark Williams and wife Michelle at a book signing.

RIGHT: Front cover of the book.



Riding club's donation to air ambulance

MILLBROOK Riding Club recently held its Christmas fun evening for members at Pencoed College.

However, before the fun and games could begin there was the important matter of presenting a cheque for £200 to a representative of the Wales Air Ambulance Service, who had been invited to attend to receive the cheque.

The money donated has been raised throughout the year by holding raffles at the club's show jumping shows.

Millbrook Riding Club is held at Pencoed College on a Monday evening from 6pm to 9pm; we welcome members of all ability, anyone interested in joining is welcome to come along on a Monday to pick up a membership form.

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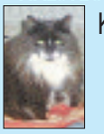

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Charity's thanks to generous donors

AGE Connects Cardiff & the Vale is coming together with almost 600 charities to thank supporters who donated through the UK's biggest match funding campaign, The Big Give's Christmas Challenge 2019.

Age Connects raised £6,201 to support lonely and vulnerable older people in the local community in just seven days.

Spokesperson Karen Steele said: "We are so grateful for the support shown to our charity. It makes such an almighty difference to us and those vulnerable older people in the communities we support. These contributions will enable us to continue to deliver services such as befriending, advocacy or welfare rights advice."

The Big Give's campaign generated over £15 million in funding for good causes across the country, matching donations pound for pound until the funding pot was empty.

Matched funding was provided by over 20 funding champions, including Reed Foundation, The Childhood Trust, Four Acre Trust and the National Lottery Heritage Fund, with charities raising additional match funding through their own network of philanthropists.

Entrepreneur and philanthropist Sir Alec Reed CBE, founder of The Big Give, said: "The public's generosity to this year's Christmas Challenge has been phenomenal. Match funding has proved yet again to be an incredibly powerful incentive to give."

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Dog of the Week

MILO is a four-year-old Labrador cross collie who has boundless energy and is looking for owners who can offer him lots of physical and mental stimulation.

He is so much fun!

Milo is a very bright dog and is eager to learn new things, so training classes would be beneficial. He will need to continue with his doggie socialisation so he can become more confident around them and enjoy their company. Milo is looking for a home where owners either work from home or are around during the day, as he loves to have human company. Milo can live with children 14 years and above.

Training and behaviour advisor Rachel Taunton says: "Milo is a very spirited lad and has tons of personality. If you are looking for a dog to go on long walks with and will enjoy training, then Milo could be your walking companion."

For more information on Milo, visit the Dogs Trust Rehoming Centre in Bridgend, CF31 4NG; or give us call on 01656 725219. You can also visit our website at www.dogstrust.org.uk.

Campaign goes on to help give a better life in Africa

THE most recent concert in aid of the charity Vale for Africa was when Barry Brass Band hosted a concert at Holy Trinity Church, where £500 was raised.

The cash will be used to bring clean piped water to a remote school in Uganda.

The charity supported eight optometrists and a doctor who flew to Uganda on August 24 for a six-day visit.

They were able to examine 1,116 patients in the week. Of these, 127 were referred for cataract surgery, meaning their eyesight will be restored.

A total of 461 pairs of reading glasses were dispensed and a further 235 pairs of prescription glasses were distributed. Mr Ted Arbuthnot, a Barry optometrist, a regular volunteer and spokesman for the charity said he was immensely proud of the team's achievements and was hopeful further funding could be secured to take another team to Uganda next year.

The team all pay for their own flights so money raised goes directly to those in need of medical intervention.

Barry resident Godfey knight said: "I have been campaigning to have a small voluntary supplement added to council tax, but only for those who have sympathy and empathy for the plight of thousands of children in the developing world who would benefit greatly from a simple inoculation against so many treatable but fatal diseases.

"Just imagine what a portion of that additional supplement could do to help charities such as Vale for Africa.

"Just because we can't see what is happening in Uganda and other areas in the developing world doesn't have to mean out of sight is out of mind; our loose change can mean the difference to them.

"To make a donation to Vale for Africa please contact Gareth Kiddle (gareth@gka.org.uk) the chair for Vale for Africa."

Trustee training – the essentials

ARE you a trustee of a charity or a voluntary group?

Perhaps you're interested in setting up such an organisation and would like to better understand what the role entails.

Glamorgan Voluntary Services (GVS) has developed a short training session called 'Being a Trustee – The Essentials.' It will cover the fundamentals and explain the duties and responsibilities involved, making it perfect for new trustees, as well as experienced trustees looking for a refresher.

The session will take place on March 18 at CF61 in Llantwit Major, 10am – 12 noon. Tickets cost £30 and spaces are limited. Tickets can be purchased via Eventbrite: gvs-being-a-trustee-2020.eventbrite.com or contact GVS.

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Veterans urged to make recovery resolution

AT a time of year when many of us contemplate making changes in our lives, veterans and military personnel who are wounded, injured or sick are being encouraged to take the first step on their recovery journey by finding out what's on offer in Wales from Armed Forces charity Help for Heroes.

The Community Recovery team delivers a range of holistic support including one-to-one advice, fellowship networks, sports recovery and a clinical liaison nurse, who work together to empower eligible men and women across Wales to live lives with purpose following illness or injury as a result of their service.

Recovery manager for Wales and Hereford, Shelley Elgin said: "Our skilled staff are experts in the field of recovery. Some of them are veterans themselves, or have family who have served, so they know the challenges which can face men and women who may find the transition into civilian life difficult."

"We know that the new year can be a difficult time for many of those we support," says Shelley, "so we would encourage anyone who feels they would like to start their recovery journey to get in touch with our team."

To find out more about the events and activities taking place across Wales go to: www.helpforheroes.org.uk/get-support/how-to-access-our-services/recovery-in-wales/.

ABOVE: Help for Heroes sports recovery coordinator Nick Vanderpump and fellowship coordinator Mark Reed.

Charity's appeal for unwanted gifts

THE festive season is one of the most generous times of the year, but the British Heart Foundation (BHF) is appealing to those left disappointed by Santa's offerings to donate unwanted gifts to them, to help beat the heartbreak caused by heart and circulatory diseases.

"We love the gifts you don't!" said Allison Swaine-Hughes of the British Heart Foundation.

"We welcome everything, from good quality clothes, shoes, handbags and jewellery to DVDs, CDs, books and children's toys. Electrical items can also be donated to one of our 180 furniture and electrical stores, so think of us when re-gifting that blender or coffee machine.

"If you want to donate a gift or cut down the clutter after the festive season, then just drop your donations in at your local BHF shop or take advantage of our free collection service. Your quality items will be saved from landfill and help us raise funds for research into heart and circulatory diseases."

If you've had an upgrade, the BHF can also take old speakers, clothes or anything that's been replaced by Christmas gifts. Last year alone, the BHF saved over 74,000 tonnes of items from landfill, which helped prevent 53,000 tonnes of carbon dioxide emissions from being released into the atmosphere. This included 15,000 tonnes of pre-loved clothes and an incredible 180,000 sofas.

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Swimmers out in force to support children's hospice

FOR the 36th year running, thousands of people blew out the cobwebs of 2019 by joining the New Year's Day Dip at Barry Island.

With temperatures at just seven degrees, over 2,000 people gathered to take a dip in the sea to raise funds for life-limited children and their families, cared for by Tŷ Hafan.

The town's Whitmore Bay was also packed with the hundreds of spectators who came down to watch hardy souls in fancy dress run into the water.

For the second year Tŷ Hafan took on the event, having been handed the reins by Barry man and lifeguard, Rob Salter, who founded the event 36 years ago.

The event has since grown in fame and popularity and now thousands of people brave the waters on January 1 and comply with the usual 'rules' – run in, dunk three times and run out, then repeat two more times!

Event manager, Jodie Harris, said: "We feel so privileged to be able to run this fantastic event for the second year.

"This is up there as one of the biggest dips we've seen, having reached our 2,000 registration capacity the day before the event."

Before jumping in the water, dippers took part in a warm up provided by Barry-based Cardio Core Fitness, and were watched over by the Whitmore Bay Lifeguards, who were on hand to provide first aid.

Jodie added: "It was wonderful to see so many people jump into 2020 with the Barry Island Dip.

"It costs over £4.4million each year to run our hospice, providing round the clock specialist care 365 days a year and to deliver our broad community programmes.

"We simply couldn't provide our lifeline services without the kindness and generosity of people like those taking part in the dip. We are hugely grateful to them".

For more information about Tŷ Hafan visit www.tyhafan.org/fitforfuture.

Photos by Andy Wicks 07855374478

Health Beauty & fitness

Let Charlotte take care of your skin

CHARLOTTE Wilkey has been trading as Pure Beauty since September 2018.

Due to her success, Pure Beauty has now expanded and relocated to Bank House, East Street, Llantwit Major (next to Major Nails).

Charlotte qualified as an NVQ Level 3 Beauty Therapist more than 20 years ago and has extensive knowledge in the beauty industry but prides herself on her skincare expertise.

She specialises in the CACI Synergy non-surgical skincare treatment range. These are completely non-invasive facials that last month won the best anti-ageing treatments in the Daily Mail Beauty Awards.

What sets The CACI Synergy above the rest is that it combines both micro-current and SPED technology (the use of LED) increasing the effectiveness of the treatments by up to 70% more than the microcurrent alone, as used in the CACI Ultra and Ultimate.

Charlotte also offers other treatments including waxing, massage and eyebrow and lash tints.

The range covers a variety of skin concerns including ageing skin (lines/loss of elasticity), blemished/acne skin, pigmentation, dry/dehydrated skin.

Charlotte offers a very personal service; her treatment room is very private and has no waiting room. She dedicates more time per treatment to her clients to ensure they have the most relaxed, comfortable and enjoyable time at Pure Beauty.

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For more information or a for a free consultation please contact 07768 407566.

Website: Charlottewilkeycaci.co.uk or Facebook: Charlotte Wilkey Specialist In CACI non-surgical Solutions

New pilates class launches in Barry

NEW Pilates Class for beginners start in Barry on Monday, January 20 at 11.35am.

The class provides an introduction to Pilates for complete beginners or those with a little experience. The course lasts for six weeks and costs £49. Booking is essential, as there are only 12 places available.

Pilates classes are a great way to take care of yourself. Pilates can help you to increase your flexibility, strength, and improve muscle tone and core strength.

Classes are led by Sharon, a highly experienced and qualified Pilates teacher. Exercises are performed on the mat to increase your strength and flexibility, improve your posture and body control.

Classes are friendly and welcoming. People usually feel relaxed and revitalised after the Pilates classes.

There are a range of classes, from beginners to advanced and private one-to-ones. Classes are held at St Nicholas Hall, Barry, CF62 6QX. For more information contact Sharon on 07830 085606 or email sharonpilates@hotmail.com.

Gym offers fun and friendly way to get fit

HYDROFITNESS ladies gym in Hood Road, Barry, is under new management and is offering a free two-week trial for readers.

There are no joining fees or contracts, just come and get fit on our Hydraulic Circuit and all our other equipment.

You can take advantage of our new classes: DanceFit, Pilates, Yoga, boot camp and more.

We offer a fun, friendly atmosphere, no men, no mirrors, just us ladies.

Check out the Facebook page or the website for more information.

If you want to get fit, lose weight or just make new friends, Hydrofitness is the place for you. Find us on Barry Waterfront in the BSC Unit 2, Hood Road, behind the pump house and round the corner from the Medical Center.

Telephone 07506 936346 or message the Facebook page to book your induction.

* To take advantage of the free two-week trial, let us know you saw it in the Barry GEM.

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We also offer 'Bounce' on a mini Rebound UK trampoline, a high-intensity, complete body workout that's incredibly good for strengthening muscles and weight loss.

Alternatively, check out 'Zumba', our Latin-inspired, easy-to-follow, calorie-burning workout classes. Enjoy a musical journey around the world, with a fun party atmosphere. To get you motivated, we are offering a free Zumba taster session: simply cut out the coupon and bring it along to one of our walk-in Zumba classes.

Due to high demand, boxing gloves and rebounders need to be reserved in advance by calling 07964 359362.

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ZUMBA

Fitness guru's top tips for a sustainable eating regime for a New Year

FITNESS guru Joe Wicks talks to Liz Connor about why so many New Year diets fail - and how we can create a healthy new mindset in 2020 instead.

January usually happens like clockwork: a slew of new self-help books, articles and slimming blogs encourage you to 'be your best self', often by adopting a radical new diet that promises to blitz those spare inches around your waist for good.

The problem is, many crash diets encourage periods of miserable fasting and cutting out sometimes entire good groups overnight, and demonise food to the point where you're relationship with eating can be under threat.

According to fitness guru Joe Wicks - who has successfully helped thousands of people to lose weight - staying on these restrictive diets for a long period of time is often unrealistic and unhealthy.

Even if you do lose weight initially, it's not unusual to gain it again (plus even more, in some cases) before the spring comes around.

Thankfully, attitudes around diet culture are changing. A new survey commissioned by recipe box company Gousto (gousto.co.uk) has found that 68 per cent of UK adults believe the one-size-fits-all model just doesn't work.

So, how can you shed those excess pounds in a safe and effective way? We asked Wicks to give us some quick tips...

Why should people avoid restrictive diets in January?

"It's the time of year now where everyone wants to make changes to their life, whether that's with exercise or food, but the last thing you want to do - especially if you're someone who really loves food - is to go on a low-calorie diet," says Wicks, 33.

"Sure, it will work in the short-term and you'll probably lose weight on the scales, but emotionally it's going to absolutely ruin you. You're going to be so exhausted, you won't enjoy it and it's not going to be a sustainable approach.

"Try to think about a long-term vision, as opposed to a quick crash diet. Incorporate it with exercise and cooking with fresh ingredients at home; you're much more likely to succeed throughout the year."

Why do people fail at New Year's diets?

"Because they're awful, aren't they? Dieting is normally all about how little you can eat and how much exercise you can do. When you combine those two things, it affects your sleep, your mood and your energy levels.

"If I could give you one tip, it's to focus on getting yourself moving instead. I always tell people to start with 15-20 minutes a day of exercise at home; this will get your energy levels up and your self-esteem boosted. Exercising is going to have a massive effect on your food choices and your ability to go into the kitchen and cook yourself something healthy.

"Trying to do everything all at once is a bit much," he adds. "Focus on fitness first, and the rest will hopefully follow."

What other tips do you have for those looking to lose weight this year?

"Have a look at your portion control. I'm not saying to count calories, but to keep your plate to a healthy size. The good thing about exercise is that it elevates your mental health and your mood so much that you don't want to go and put junk food in your body afterwards.

"Meal prepping is one of the best things you can do too. If you leave the house without food, you're going to grab options on-the-go, which will likely be unhealthy convenience food.

"That's fine to do once or twice a week, but if you're doing it a lot, you're never going to truly know exactly how much you're consuming. The simple act of making some overnight oats for breakfast, or a salad for lunch can make a huge difference over time when it comes to staying lean."

What are you favourite ingredients for healthy eating?

"I really think it's great to have chopped tomatoes, coconut milk, curry powder, spices and tins of lentils, pulses, grains and beans in your cupboard. With these key ingredients, you can make really amazing veggie curries, or you could throw some chicken in there for some extra protein. Rice is also a great staple for making quick stir-fries after work.

"There's no magic fat-loss food; it's all about getting a good balance of everything and getting lots of fruits and veg in your diet.

"It's good to be a bit intuitive with it - ask yourself what foods make you feel energised and healthy? Don't think you have to jump onto a certain diet because everyone else is doing it."

Do you follow a flexitarian diet yourself?

"Yes. I eat a lot of veggie meals and with Gousto, I get four recipe boxes delivered per week that I can make at home. Three of those will be vegetarian and one will be meat-based.

"That's a massive step for me. During the process of researching and writing my veggie cookbook, Veggie Lean in 15 (£16.99, Pan Macmillan), I realised that you can get really amazing food as a vegetarian. I'm still not fully committed to going hardcore vegan though."

Many people feel like they don't have time to cook healthily, do you think that's untrue?

"I really think you have to remove that time barrier from your mind. We know full well that we can smash a Netflix series in a couple of days or watch our soaps, so we can all find half an hour to exercise or cook well - if we prioritise it.

"It doesn't need to be hours in the kitchen either. My whole philosophy with my Lean in 15 series is that you can make a really healthy and nutritious meal in just 15 minutes, and have some leftover for lunch the next day.

"It's that kind of mentality of prepping in advanced and being organised that works in the long-run."

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2020 Vision
As seen through the eyes of Team F+R

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Bobs that are sleek, smooth and textured, cheek length, jaw length and shoulder length, they will all adorn our High Street, and who doesn't love a bob: we're certainly proud of our Bob creations!

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A colour consultation is the easiest way to refresh your image as you learn which colours suit you and boost your confidence instantly. As well as transforming your personal image, knowing the right colours to wear will save you time and money shopping.

A recent client commented: "Really enjoyed my colour analysis and make-up consultation with Charlotte and feel so much more confident when I go shopping for clothes. Thank you for a lovely afternoon!"

Charlotte is also in demand giving presentations to WIs and organisations throughout south Wales.

Recent clients include Case Management Cymru and Pentyrch WI: 'Lovely to meet you last night. Thank you very much for a very professional and interesting presentation. Pentyrch WI ladies very much enjoyed the interaction and will pursue a consultation with you!'

For more information or to book a consultation or presentation, please email Charlotte@SimplyYou.org.uk or call 07974 820288.

Professional expertise to address hearing difficulties

MARINA, the founder of Clear Hearing Solution, currently practices as a Senior Audiologist in the NHS, as well as offering her professional expertise in the private sector.

She gained a BSc in Audiology from Swansea University and then went on to attend a lay-counsellors training, approved by the British Tinnitus Association, following master classes in Advanced Diagnostic Audiology and Rehabilitation, and Balance Disorders and Rehabilitation from Cardiff Metropolitan University.

She also became a Micro Suction specialist. Marina draws on 14 years' experience in the field of Audiology to provide excellent patient care, guaranteeing the use of evidence-based practice in her service.

Hearing loss impact many individuals and their loved ones. You might ask yourself: "How does addressing hearing loss affect your quality of life?"

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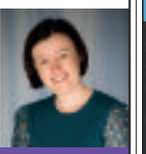
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Generous Sony workers go above and beyond for charity

STAFF at Sony UK Technology Centre (UK TEC) donated over 100 gifts for three local charities in the lead up to Christmas.

Staff at the Pencoed facility collected for Bridgend Foster Care, Calan DVS – a charity in Bridgend that supports women and children affected by domestic abuse, and Llamau, who work to eradicate homelessness for young people and vulnerable women in Wales.

As well as the gift collection, staff at Sony UK TEC have had a busy few months raising a total of £1,169 between the Pink Ribbon Foundation, Bobath Wales and the Movember Foundation.

The run up to Christmas had staff taking part in a bake sale, two 'Wear It Pink' days and ribbon sales in aid of Breast Cancer Awareness Month.

The Sony team raised £477 in total for the Pink Ribbon Foundation, £160 for Bobath Wales and £532 for the Movember Foundation.

Bex Stones, from Calan DVS, said: "The gifts that have been so generously donated will make such a huge difference to our parents who are fleeing domestic abuse. Most of them have been financially controlled and isolated from family and friends so they have no money and nobody to turn to.

"We also have children come who want to give gifts to their mothers so it's really special that we can help them to do that."

Angharad Howe, from Llamau, added: "We are so thankful to Sony for their generosity. We depend on donations and fundraising for our women and this really will brighten Christmas for them."

Gerald Kelly of Sony said: "We are so proud of the effort put in by our team in aid of such fantastic charities. We wanted to make sure that the most vulnerable people within our community received a little festive cheer and we were delighted to see the whole facility get involved in this initiative."

Prepare your garden for harsh weather

THE UK hasn't experienced a big freeze so far this year, however weather experts are predicting harsh months ahead, so it's important to prepare, and that includes keeping your garden in check.

Experts at Housesimple, the online estate agent, have shared five simple steps on how everyone - even the less experienced gardeners among us - can prepare and maintain our gardens this winter.

Protection, protection, protection

During winter, it is vital to weatherproof your garden: by potting vulnerable plants and taking them indoors, storing them in your shed or wrapping them in bubble wrap, you can help protect them and their roots against frost and keep them safe. Adding a twine or a support system can protect your plants and small trees against the wind while putting garden furniture into storage or covering them with plastic will also ensure that they aren't damaged during harsh conditions.

Choose your plants wisely

Choosing the right plant is key, and plants like tulips and daffodils will only flower in the spring. However, plants like heather and pansies do well all year round. Edible plants such as cabbage, watercress, beetroot, and other hearty specimens are perfect to grow through winter months as well.

Look after your soil

If you are green-fingered, you know that the winter months can be damaging to your soil. Having raised flower and plant beds can provide you with maximum space and more control during the winter months. Checking your soil's pH levels is crucial, especially if you're a regular compost user. Compost gradually increases the acidity of your soil and can throw your levels off, so adding lime in the winter might be recommended. Using mulch can also help keep your soil warm and moist by acting as an insulator for your plants.

Keep things clear

During the autumn and winter months, there is a lot of fallen leaves and garden debris. By regularly cleaning pathways and garden spaces, you can keep areas clean and accessible. However, don't bin these, leaf matter can be composted and used on the soil once spring arrives.

Look after the wildlife

Everybody's garden is a mini eco-system and it is important to look after and support this, especially during the colder months. Leave out feeders for birds and ensure that they have birdbaths available, and make sure that ponds and water features aren't frozen over - you'd be surprised at how many animals will use them as water supplies. If you have a bonfire or fireworks display, make sure that there aren't any animals hibernating nearby.

Sam Mitchell, CEO at Housesimple, adds: "It's important that even during the winter months, gardens are maintained. We still find that house buyers are scoping out properties during the colder periods - and a messy garden can be a real put off.

"There is no guarantee that your garden will be beautiful all year round, and it can be time-consuming, but you can keep it alive and looking good with a little bit of prep. Investing in your garden can raise your property's value by an average of £2,500 so why not cash in on your property's hidden value."

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www.valeofglamorgan.gov.uk

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All Homes4U properties have double glazing and central heating unless otherwise stated and will be allocated to the maximum occupancy.

It may take longer to rehouse you if you are awarded medical priority as there is a shortage of accessible and adapted homes in the Vale.

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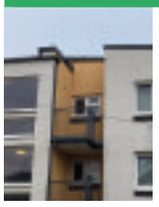

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LABURNAM WAY, PENARTH

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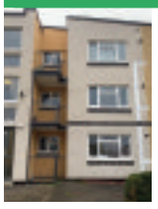

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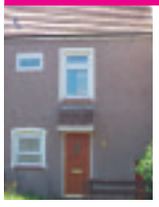

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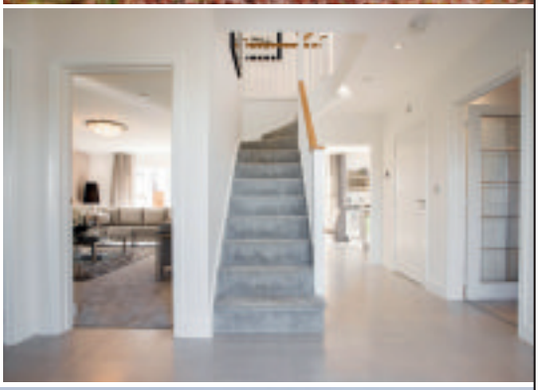
You must be a HOMES4U member to apply for any of the rented homes.
When bidding for more than one property you will be asked to state your order of preference.
All descriptions and other details are given in good faith and are believed to be correct but any potential tenant should satisfy themselves as to their correctness.

"This year...

we'll buy new in the Vale of Glamorgan



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Hotel chain is giving youngsters chance to become a published author

PREMIER Inn is launching the UK's first-ever 'wake up-time' story book for children, inspiring children to start the day in the best way possible; and is looking for young people in Wales to take part.

The hotel company is searching for young UK literary talent to help it publish a children's short story book packed with original tales. It hopes the challenge will be an ideal activity for young people this New Year. Part of the book will be dedicated to bedtime stories, while – uniquely – the other part will be stories designed to be read in the morning – to inspire young people to get their day off to the best possible start.

The budget hotel chain is encouraging children and young people 15 and under to submit an original 500-word short story; either round the theme of relaxation or inspiration. Young people are invited to let their imaginations run riot – and stories can be inspired by their own real-life experiences or something from the depths of their imaginations.

The hotel company will publish a diverse collection of tales, so stories revolving around friendship, families, animals or even science fiction are all welcome, providing they slot into the themes above.

The competition will run through to early 2020. Premier Inn experts and an esteemed panel of judges will crown national prize-winners in two categories: under 10s and ages 11-15. In addition, there will be 12 regional runners-up, celebrating literary brilliance across the UK.

To launch the nationwide competition in the lead up to Christmas, children being cared for at Great Ormond Street Hospital (GOSH) were treated to story readings by Father Christmas and his festive elves. Premier Inn is a longstanding supporter of Great Ormond Street Hospital Children's Charity (GOSH Charity) and the winning stories will be available for a donation, with all proceeds donated to GOSH, which treats children from all over the UK.

Simon Ewins of Premier Inn UK said: "We're all a huge fan of the traditional bedtime story and as a great night's sleep is also all about setting you up for the day ahead, we thought it would be a fun twist to launch the UK's first 'wake up-time' story collection. The UK is bursting with talented young people - we can't wait to start receiving the stories and we hope children in Wales really enjoy getting involved.".

Amit Aggarwal, of Great Ormond Street Hospital Children's Charity said: "It's brilliant that money raised through Premier Inn's short story writing competition will benefit children and young people treated at GOSH, as stories that dive into the imagination can be a useful distraction for patients at the hospital. We look forward to reading the fantastic entries to this competition."

The winning wordsmiths work will then be published and the prize also includes a two-night stay at a Premier Inn of the winner's choice. To submit a 500-word short story, and to check the deadline, young authors can email StoryPremierInn@golin.com.

AM welcomes £3billion funding for farmers

ABOVE: Andrew RT Davies.

BELOW: Sajid Javid.

COMMENTING on the news that the Chancellor of the Exchequer, Sajid Javid, has guaranteed just under £3 billion over two years for British farmers – including some £243 million for farmers in Wales – the Shadow Minister for the Environment in the Welsh Parliament, Andrew RT Davies said: "This commitment is a down payment on the Welsh Conservatives' Westminster manifesto pledge to guarantee funding for the farming community during the lifetime of this UK Parliament (2024)."

The money – to be spread over two years – will be used to support farmers when the UK leaves the European Union and the Common Agricultural Policy direct payments scheme next year.

It will allow funding for direct payments for 2020 to continue at the same level as this year, and supplement the remaining EU funding that farmers will receive for development projects until 2023.

Mr Davies continued: "It's now high time that the tired Welsh Labour Government in Cardiff Bay raised its game and started to deliver for the rural economy of Wales, something to date they and their little helpers Plaid and the Lib Dems have spectacularly failed to do for 20 years of devolution."

Mr Javid said: "When we leave the EU and are freed from the Common Agricultural Policy, we will be able to support our vital rural communities – who are a cornerstone of life in the UK – with a fairer and less bureaucratic system.

"Farmers can enter the new year with confidence that they have our backing and will be able to thrive after Brexit." Therese Villiers, Environment Secretary, added: "Outside the EU we will have a simpler, fairer funding system – one that rewards farmers for enhancing our environment and safeguarding our high animal welfare standards.

"We are committed to making sure our rural communities feel the benefits of Brexit and will ensure our farmers get a better deal."

How to get your own feel-good garden

GARDENING is well known to be good for body and soul – it keeps you physically active, and just being outdoors is a natural mood booster that also provides your body with doses of sunlight and vitamin D.

Creating your own health and wellbeing garden can be as easy as making a natural snug that can be a place in your existing outdoor space for meditation and mindfulness. Dotting focal points around the garden can also help contemplation – clumps of lavender, grasses swaying in the breeze or zen-like trees such as Japanese maples.

By making a few simple changes you can easily transform any garden into a relaxing space. Step one is to make sure that you have a quiet corner away from all of the hustle and bustle of everyday life where you can sit and simply enjoy the garden.

Try to avoid having straight paths and walls where possible as these can bring a feeling of regimentation to your space; instead use meandering paths, curved paving and foliage instead of fences which gives a more natural feel.

Make sure you have a variety of fragrant plants. Lavender is ideal as it attracts butterflies and bees – a joy to watch and good for pollinating your garden. Herbs such as mint, rosemary, thyme and sage are also a good choice. Even the smallest of outside spaces – a front garden or balcony – can accommodate a pot of herbs, which always smell strongest at dusk.

Research has shown that brightly coloured flowers are brilliant for lifting the mood so plant some vibrant reds, yellows and oranges as well as cooler whites and blues that are good for relaxation.

Finally, think about a water feature. If the constant trickle of a fountain doesn't work for you then something calmer such as a pond, or small container pond, is a great place to relax and reflect.

While planning your peaceful retreat, don't forget the rest of the garden this month. As the RHS says, January might be the middle of winter but as the days lengthen the garden starts to grow. Now is a great time to plan for the coming gardening year and to order seeds and plants. Enjoy the fresh air on dry sunny days and check your winter protection, stakes, ties and supports are still working after any severe weather.

Also put out food for birds and leave some garden areas uncut, a little longer, to provide shelter for wildlife in your garden. Jobs for this month should include:

Cleaning pots and greenhouses ready for spring; dispersing worm casts in lawns; planning your vegetable crop rotations for the coming season; putting out food and water for birds and digging over plots and beds that have not been dug already.

Cosmology corner for January, by Norman Lloyd

ORION (The Hunter), currently visible high in our southern mid-evening skies, is one of the most recognisable of the winter constellations, but just now, it is looking a little different.

The culprit is the distinctly orange star Betelgeuse which marks the constellation's western shoulder.

You may remember from a previous column that Betelgeuse is classed as a red giant star, an enormous stellar behemoth which is 12 times larger than our own Sun. If Betelgeuse were to replace our Sun, it would swallow up not only the four rocky inner planets Mercury, Venus, Earth and Mars, but quite likely Jupiter also!

A red giant is a star nearing its end of life and has entered the final stage of stellar evolution. Most of the stars in the Universe are 'main sequence stars' - those which convert hydrogen to helium at their cores by nuclear fusion (our Sun converts four million tons of hydrogen into helium every second!). Over a star's life, the outward pressure of fusion balances the inward pressure of gravity.

When the hydrogen at the core depletes, however, fusion stops, gravity triumphs and the star contracts. Temperature increases with the contraction until it becomes hot enough for a renewed fusion reaction at the core which converts the helium into carbon. Although there is no hydrogen left in the core, the accelerated rise in temperature from the helium fusion is sufficient to cause the shell of hydrogen surrounding the core to start fusion, producing more energy than when it was a main sequence star - and a consequent enormous expansion.

Because of its now larger size, the increased energy production is spread over a much greater area, and the surface of the expanded star is actually cooler giving the appearance of red heat as opposed to white heat. The red giant phase doesn't last too long on an astronomical scale, 'just' a billion years or so (a tenth of our Sun's lifetime). When the remaining hydrogen is all used up, stars the size of our Sun eventually shrink and become white dwarfs before finally fading into black dwarfs.

An exceptionally large star, however, becomes a red supergiant and destroys itself in a huge supernova explosion leaving behind a neutron star; or, for the largest of stars, a black hole. Betelgeuse falls into the red supergiant category and will one day go supernova and for several weeks or months, become visible in daytime and possibly outshine the moon at night.

So, what's different about Betelgeuse right now? Since late October this orange star has become noticeably dimmer. In astronomical terminology the star is 'fainting'.

Betelgeuse is, however, known to be a variable star whose brightness ups and downs have been tracked by both amateur and professional astronomers over many years. But it is dimmer now than at any other time in the past - causing speculation in some quarters that it could be about to pop. Other astronomers are urging caution, saying that it is unlikely to happen in the next 100,000 years - maybe not for another million years. No-one knows the reason for this exceptional fainting but it has been suggested that it could have been caused by some sort of eruption of dust or gas causing changes in its surface brightness.

What will happen when Betelgeuse does eventually explode? Although classed as being 'nearby' in relative terms, it is still some 400 to 600 light years distant from us, so apart from the visual pyrotechnics described above, there will be no other effects to cause concern here on Earth.

Out & About with The GEM

What's on in your area and where?

Marie Lwyd comes to Cowbridge!

AS has become tradition in Cowbridge for over 40 years, on Friday, January 10 a group of locals will welcome in the new year by following the Mari Lwyd from pub to pub starting in the Duke of Wellington at 8:30pm.

This will be an excellent opportunity to join in singing some favourite Welsh folk songs and hymns such as Calon Lan. We will be raising money for Ty Hafan, so please come along and join the festivities.

Yn ôl y traddodiad yn y Bontfaen er dros ddeugain mlynedd, ar ddydd Gwener 10 Ionawr, bydd grŵp o gymdogion lleol yn dilyn y Fari Lwyd o amgylch y tafarnau lleol gan ddechrau yn y Duke of Wellington am 8:30pm.

Bydd hyn yn gyfle gwych i ganu nifer o'n hoff ganeuon Cymreig ac i godi arian dros Tŷ Hafan. Felly dewch yn llu i fwynhau.

Repair Cafe in Llantwit

REPAIR Cafe Wales will be at Bethel Church Hall in Llantwit Major on Saturday, January 11 at 10am to 12pm.

Volunteers will look at your portable household items, to attempt to repair or provide recommendations; refreshments are available while you wait.

Ken Loach film for Dinas Powys

DINAS Powys Community Cinema's 2020 season opens on Saturday, January 11 with the Ken Loach film 'Sorry We Missed You' (15).

Family man Ricky enters the 'gig economy' as a delivery driver in Newcastle, in the hope of buying a house for his wife Abbie and kids Seb and Lisa Jane.

However, pressures mount as Ricky discovers the costs of working without sick pay, holiday, or any sense of stability.

The film season continues with 'Downton Abbey' (PG) on Saturday, February 8.

Doors open 6.30pm for a 7pm start. Tickets on the door, or in advance from the DPVC office at the rear of Murchfield Community Centre (weekday mornings) or online: www.ticketsource.co.uk/murchfieldcommunitycentre.

Bridgend PACTS

BRYNTIRION, LALESTON & MERTHYR MAWR PACT at Westward Community Centre on Monday, January 13 at 6pm.

CEFN GLAS, LLANGEWYDD & BRYNHYFRYD PACT at Westward Community Centre on Monday, January 13 at 6pm.

NEWCASTLE PACT at Westward Community Centre on Monday, January 13 at 6pm.

REST BAY & NOTTAGE PACT at Nottage Scout Hall, Nottage on Tuesday, January 14 at 6pm.

LITCHARD, PENDRE & COITY PACT at Litchard Mission, Litchard on Thursday, January 16 at 7pm.

PORTHCAWL EAST CENTRAL PACT at Porthcawl Fire Station, Porthcawl on Tuesday, January 21 at 6.30pm.

NEWTON PACT at Newton School Rooms, Newton on Tuesday, January 28 at 6.30pm.

Highlight Park Cuppa

Highlight Park Cuppa on January 13 in Highlight Park Community centre, commencing at 2.30pm.

Care and Repair

IF you are a homeowner or private tenant living in the Vale, perhaps disabled or elderly and needing advice on repairs or home improvements to make life easier at home, Care and Repair Cardiff and Vale can help you adapt and maintain your home; give advice on grants available and also information on reputable companies to use.

Care and Repair will be at Age Connects Senior Health Shop, 38 Holton Road, Barry on Tuesday, January 14 from 10am to 12pm. No appointment is needed, just come along. Call 01446 732385 for further information.

Home visits can be arranged on 02920 473337.

Legal Advice

AGE Connects Cardiff and Vale are holding a free legal advice session at Age Connects Cardiff and Vale Senior Health Shop, 38 Holton Road, Barry on Tuesday, January 14 from 10am to 12pm.

If you would like help and advice on making a Will, Power of Attorney or Living Will, come along. No appointment is needed, it is a drop-in. Call 01446 732385 for further information.

Llantwit Major library screening

ON January 14 Llantwit Major Library is showing the film 'Judy'.

The film tells the story of legendary performer Judy Garland (Renée Zellweger) who arrives in London in the winter of 1968 to perform a series of sold-out concerts. Tickets from Llantwit Major Library now, £3; please book early. Doors open at 7:15pm, film starts at 7:30pm. Call the library on 01446 792700 to book your place.

Llantwit Parkinson's cafe

LLANTWIT Major Parkinson's drop in cafe meets next on Wednesday, January 15 from 1.30pm - 3.30pm in Llantonian Hall, Llantwit Major.

All are welcome to come along and have a chat and a cuppa. For further information about the Cafe call Martin Simmonds on 01446 796310.

The Vale Association of The National Trust

THE first meeting of 2020 will be held in The Duke of Wellington Hotel, Cowbridge on Wednesday, January 15 at 11am.

The speaker will be historian Dean Powell, his topic 'The Land of Song'. Wales' universal image owes much to the male voice choir tradition.

Dean Powell explains its origins and why Wales should continue to embrace this proud musical tradition. A warm welcome awaits members, visitors and prospective members.

Cowbridge U3A History

THE next Cowbridge U3A History group meeting will be a talk entitled 'From Top to Toe', a fascinating story of fashion, by Rosemary Scadden at 10am on Thursday, January 16 in Cowbridge Town Hall (Lesser Hall).

Visitors welcome; there is a small fee. See www.u3asites.org.uk/cowbridge.

Rhoose Community Cinema

AS part of the BFI Musical season , Rhoose Community Cinema are hosting an unlimited tea and cake screening of the motion picture masterpiece Singin' in the Rain (U)

on January 18 at 4pm, Stewart Road Community Hall.

All tickets £7.50. To book online: www.ticketsource.co.uk/rhoose-community-cinema/t-mkxnlj, or call Jo on 07986 907151.

Mahjong in Llantwit

THE Friends of Llantwit Library welcome all to their monthly Mahjong sessions/lessons on the third Tuesday of each month, starting January 21, 7pm to 9pm.

Mahjong, an ancient Chinese game, is an easily learned tabletop game for up to four players. If you enjoy Rummy, you will love playing Mahjong. £2 per session. For more information, call 01446 792700.

Volunteering event in Barry

LOCAL community organisations team up with Glamorgan Voluntary Services (GVS) to recruit volunteers on Thursday, January 23 from 10am to 2pm at Barry Memorial Hall.

More than 50 voluntary organisations will be there. GVS' operational manager, Paul Warren, said: "We want to extend an open invitation to the public to make a difference in the Vale through volunteering. If you have a free hour a week or even one day a month and would like to find out more, come along to our event."

For more information, call 01446 741706 or e-mail enquiries@gvs.wales.

PACT meetings

Llangeinor PACT at Llangeinor Football Club, Llangeinor on Wednesday, February 12 at 7pm.

Come along to Gibbonsdown 'Cuppa with a Copper' held every Monday morning at the Aberaeron HUB, Aberaeron Close between 10am and 12pm.

Gibbonsdown PACT at the Residents' Board Office, Coychurch Rise, Barry on Tuesday, January 21 at 10.30am.

A Deaf PACT meeting on Monday, February 24 between 6pm and 7.30pm at the Emergency Services Centre, Barry Fire Station, Barry.

Bridgend Ramblers

FEELING the mid-winter blues? Need to compensate for overindulgence over the festive season? Fed up with Brexit? Can't stand the idea of a gym workout?

Fear not, help is at hand: why not try an enjoyable, friendly, non-competitive, social walk in the countryside with Bridgend Ramblers?

We've got a programme of varied walks with three each Sunday: nine miles every other Tuesday; five miles every other Wednesday and a gentle three to four mile stroll on alternative Thursdays. Our current programme through to the end of March includes coastal walks in Llantwit Major, Porthcawl and the Gower, countryside walks in the Garw Valley, Brecon Beacons and the Afan Valley and waterfall walks to Melincourt and Ystradfellte.

Plenty of variety to interest anyone wishing to experience the outdoor life and enjoy the many beauties of south Wales. We encourage new walkers to come along for three walks to ensure it's right for them, before asking them to join the Ramblers.

So have a look at our website: www.bridgendramblers.co.uk and see if anything catches your eye. Contact the leader as shown in the programme and just come along and give it a go.

Email details of your events as well as stories, photos, letters and sports reports to editorial@glamorgan-gem.co.uk

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Family Notices

WENDT
Dennis (Ben)
Peacefully on 26th December at Llandough Hospital, Ben, devoted partner to Helen and much loved dad of Nicola, Julian and Robynne, stepdad to Claire. Cherished pappi and bampy to all his grandchildren. Loving brother to Corinne.
Resting in the care of Lyndsay Ellis @ The Vale Funeral Service, Court Road, Barry until his service at Cardiff & Glamorgan Crematorium, Port Road, Barry on Friday, 17th January at 12 noon.
Family flowers only. Donations, if desired, may be made at the service to support The Palliative Care Team at Llandough Hospital in memory of Ben.
Family request that something yellow or mustard be worn to recognise Ben's Love for Only Fools & Horses

DAVIS
Frederick
6.12.1924 - 22.12.2019
Peacefully at Bella Vista Nursing Home aged 95 years, formerly of Dobbins Road, Barry. Fred was manager of William Hill betting shop, Holton Road until his retirement. Fred was a loving husband, brother, father and grandfather and also a caring friend and neighbour.
Loved and missed by all of his family & friends.
Resting at Robert D. Johnson Funeral Directors, 29 Holton Road, Barry. A Service to celebrate Fred's life will be held on Monday, 13th January at St Mary's Church Barry at 11am, followed by cremation at Cardiff & Vale Crematorium, Port Road, Barry at 12 noon.
Family flowers only by request. Donations can be made at the service in memory of Fred to Holme Towers.
For all enquiries please telephone 01446 733844.

SHARPE
Loris
Peacefully passed away at Llandough Hospital on Wednesday, 18th of December 2019 surrounded by her family. Loris aged 83 years, beloved wife of the late Peter Sharpe. Mum to her four girls Karen, Kathy, Jane, and Lisa. Mother-in-law to Gethin and Mark. Nan to Rebecca, Grant, Louise, Lucy, Hannah, Jordan-Leigh and Keiron and great nan to Louisha-May, Summer, Liam, Gabriella-Grace, Fred, Molly, Lillie and Ayla.
Loris will be sadly missed by those who loved and knew her. Reunited with Papa Bear.
Sleep well mum.
Resting at A.G. Adams Funeralcare until the Funeral Service and Committal at Cardiff and Glamorgan Crematorium on Wednesday, 15th January 2020 at 1pm.
Flowers welcome, and may be sent to the funeral home.

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Family Notices

CAIN
William

Peacefully at the Princess of Wales Hospital on Saturday, 21st December. Beloved husband of Barbara, loving father and step-father and a very much loved bampy.

Resting at the Private Funeral Home of W. James & Sons, Fonmon. Funeral Tuesday, 21st January, service and cremation 2.15pm at Coychurch Crematorium, Bridgend.

BERKELEY
Colin

21-01-1927 - 19-12-2019

Loving husband of the late Mary, beloved father of Carolyn, adored grandad to Emma, Kyle and Logan, and loved great-grandad to Madison, Sophie and Mason.

Service will be held at Coychurch Crematorium on Tuesday,14th January at 11am.

Family flowers only. Donations in lieu of flowers to Dementia UK will be gratefully received.

EGAN
Dorothy May (Dot)

Peacefully passed away on 23rd December, aged 91 and a half. Beloved wife of the late Roy, much loved mother of Stuart and Paul, and loving grandmother to all of her grandchildren.

Resting at A.G. Adams Funeralcare, Barry, until the service on Thursday, 16th January 2020 at A.G. Adams Service Chapel at 10am, followed by interment at Barry Cemetery.

Family flowers only by request but donations can be made at the service in memory of Dot to Marie Curie.

BROWN
Rosemary

Passed away peacefully on 26th December 2019 at Nazareth House care home, aged 89 years. Funeral service to be held on Wednesday, 15th January at St Cattwg's Church, Llanmaes for 2.30pm, followed thereafter by a committal service at the Cardiff and Vale Crematorium, Port Road, Barry for 4pm.

Family flowers only please. Donations in lieu of flowers, if so desired, can be given in aid of the Motor Neurone Disease Association.

All enquiries to Green Willow Funerals, 31-33 St Isan Road, Heath, Cardiff . Telephone (029) 2052 4200

HUME
Bernard Joseph

Passed away peacefully at Holme Towers on 25th December 2019 aged 71.

Bernard will be greatly missed by all who knew and loved him.

Resting at Robert D. Johnson Funeral Directors, 29 Holton Road, Barry. A service to celebrate his life will be held at All Saints Church on Tuesday, 14th January at 1.45pm followed by cremation at Cardiff & Vale Crematorium, Port Road Barry.

Family Flowers only by request. Donations in memory of Bernard can be made at the service to Marie Curie. Family have requested that everyone wear something red.

For all enquiries please telephone 01446 733844.

CROYDON
Val

29.9.1930 – 26.12.2019

'A True Barry Island Girl'

We are so sad to announce the passing of Val. Wife of the late Roy. Fantastic mum to Linda, Stephan, Val and mother-in-law to Tony. Adored nan and great-nan to her family far and wide. Special aunty and great friend to many.

Resting at A.G. Adams Funeralcare until the service on Thursday, 16th January at 1pm at A.G. Adams Chapel of Rest, followed by committal at Cardiff and Glamorgan Crematorium, Port Road, Barry at 2pm. Dress code optional.

Family flowers only please. Donations gratefully received towards Cancer Research and Dementia UK may be made at the service.

Grateful thanks to College Fields Nursing Home for their kindness to Val over a year.

ROMANS
Mary

Suddenly at the University Hospital of Wales, Cardiff on 28th December aged 69 years.

Mary will be greatly missed by all who knew and loved her.

Resting at Robert D Johnson Funeral Directors, 29 Holton Road, Barry. A service to celebrate Mary's life will take place on Wednesday, 15th January at 3pm at the Cardiff & Vale Crematorium, Barry.

No Flowers please, donations in memory of Mary can be made at the service to the British Heart Foundation.

For all enquiries please telephone 01446 733844.

MANNING
Joyce Doreen

Peacefully on 10th December, Joy of Llantwit Major, beloved wife of Stephen, loving mother of Lynda, Sue, Carol and Diane, much loved nan and great-nan.

Will be sadly missed by her family and friends.

Service will be held on Friday, 10th January 2020 at 12 noon at Cardiff & Glamorgan Crematorium, Port Road, Barry.

Family flowers only. Donations in lieu of flowers in memory of Joy, can be made to the RNIB and the Stroke Association, Wales.

BARRETT
Viv

On 24th December at the Manor House, St Hilary, Viv, aged 96 years. Devoted and caring husband of the late Marlene, father of Steve, a grandfather and great-grandfather.

Resting at the Private Funeral Home of W. James & Sons, Fonmon until the Funeral on Wednesday, 29th January 2020, service and cremation 10.30am at Coychurch Crematorium, Bridgend.

Family flowers only.

Sincere thanks to all the Staff at the Manor House, St Hilary.

FULGONI
Rosa

Sadly passed away on Friday, 20th December 2019, at Llandough Hospital.

She will be greatly missed by all her family and friends.

Reception into St Helen's RC Church, Barry, Thursday, 9th January, at 4pm. Requiem Mass to be held Friday,10th January, at 12.15pm.

No flowers. Donations, if desired, to Latch, Welsh Children's Cancer Charity, c/o Lyndsay Ellis, The Vale Funeral Service, 181 Court Road, Barry.

LEES
Patricia
(of Sully)

Passed away peacefully at home after a short illness on 20th December 2019, aged 90 years. Beloved wife, mum, grannie and great-grandmother.

She will be greatly missed by all her family and friends.

A funeral service will be held in the Briwnant Chapel at Thornhill Crematorium on Tuesday, 14th January 2020 at 12 noon.

Family flowers only please. Donations in lieu of flowers for Marie Curie may be left at the crematorium or forwarded to Green Willow Funerals Ltd, 33 St Isan Road, Cardiff. Telephone 02920 514627.

LEWIS
William Albert Robert (Bill)

The family wish to announce the sad passing of William, aged 84 years on Wednesday, 18th December 2019. Cherished and adored husband to Joy. Loving dad to Glyn and daughter-in-law Deborah. Proud grandfather to Sarah, Helen and Rebecca and great-grandfather to Freddie, Joseff and Rhys.

William was committed to supporting Joy and will be greatly missed by all his family and friends.

He will live on forever in our hearts.

Resting at the Private Funeral Home of W. James & Sons, Fonmon. Funeral Tuesday, 14th January, service 11am at St Curig's Church, Porthkerry, followed by interment in Porthkerry Cemetery.

Family Flowers only please. Donations, if desired, in memory of William may be made at the service in support of 'Action Pulmonary Fibrosis'.

TRUDGIAN
Jeremy Ashley

The family are sad to announce the death of Jeremy, eldest son of John and the late Patricia. Husband of Denise and loving dad and grandad, big brother of Jonathan and Jenny.

Funeral service to be held in Maltby, South Yorkshire, his adopted home.

HUGHES
Margaret (Eldridge née Elkins)

Peacefully on 5th December 2019 at Llandough Hospital.

Loved and missed by all her family and friends.

Funeral service Tuesday, 14th of January 2020 at Cardiff & Vale Crematorium, Port Road, Barry at 11am. No flowers please. Donations, if desired, to Macmillan Cancer Support.

ROWLANDS
Victor

Peacefully passed away at home on 23rd December 2019. Loving husband of Susan (Ducks), father, grandfather and great-grandfather.

Service and cremation to be held on Friday, 17th January 2020 at 2pm at Cardiff & Glamorgan Crematorium, Port Road, Barry, following at Jenner Suite (Barry Town United Football Club) for a celebration of Vic's life. Family flowers only. Donations, if desired, to Marie Curie Hospice.

The family request that gentleman wear white socks, ladies optional.

PINCH
Patricia

Passed away peacefully on 31st December at Llandough Hospital. Loving mother to Micheal and Vicky and loving mother-in-law. Adored grandmother and great-grandmother.

Will be sadly missed by all who knew and loved her.

Resting at Park Funeral Directors until the service on Monday, 20th January at Cardiff & Glamorgan Crematorium, Port Road, Barry at 4pm.

Family flowers only. Donations in lieu, if desired, can be made at the service to Marie Curie Holme Tower in memory of Patricia.

BARRETT
Olive May

Peacefully passed away on Tuesday, 31st December after a long fight with Alzheimers. Darling wife of George, amazing mother of Paul, Mark, Jackie and Michael, mother-in-law to Jane, Billy and Karyn, loving grandmother and great-grandmother.

Olive will be greatly missed.

Resting at the Private Funeral Home of W. James & Sons, Fonmon. Funeral Friday, 24th January, service and cremation 1pm at Cardiff & Glamorgan Crematorium, Port Road, Barry.

Family flowers only. Donations, if desired, to Alzheimers Society.

Please wear colourful clothes.

NORMAN
Robert D. (Bob)

Suddenly on 24th December at The University Hospital of Wales. Bob well known for his time at Cardiff Bus and lifelong member of Market Street Club, Barry. Devoted husband of Angel'a', loving dad of Mark, Bobby, Steven, James and Lisa. Cherished bampy to all his grandchildren and great-grandchild.

Bob will be greatly missed by his family and many friends.

Resting in the care of Lyndsay Ellis @ The Vale Funeral Service, Court Road, Barry until his service at St Mary's Church, Holton Road, Barry on Friday, 24th January at 10:45am, followed by cremation at Cardiff & Glamorgan Crematorium, Port Road, Barry.

Family floral tributes only. Donations, if desired, may be made at the service to support Dr Barnados in memory of Bob.

Family request that a hint of blue be worn to honour Bob's love of Leicester City Football Club.

Further enquiries please telephone 01446 407962.

KIRKHAM
Wayne
(also known as Owen Jenkins Roberts)

Sadly passed away on 3rd January at his home in Llantwit Major. Proud father to Gareth, Sian, Mark and Christopher. Loving grandfather to Ethan and Maggie. Will be missed by us all.

Funeral arrangements to be confirmed and announced.

ROSS
Margaret McCormick

Peacefully at home on 2nd January 2020, loving wife of Jim, much loved mother and granny.

Resting at the Private Funeral Home of W. James & Sons, Fonmon. Funeral Wednesday, 22nd January, service and cremation 1.15pm at Coychurch Crematorium, Bridgend. No flowers by request, donations if desired to Marie Curie c/o the funeral director.

WILLIAMS
Elaine (née George)

On 4th January 2020, Elaine, aged 80 years, formerly of Llantwit Major sadly passed away following many years of illness. Loving wife, mother, grandmother, sister and aunt.

Resting at Coles Funeral Directors until the thanksgiving service for her life to be held on Thursday, 23rd January at St Illtud's Church, Llantwit Major at 12pm, followed by interment at The Natural Burial Ground at 1.30pm.

Family flowers only. Donations in lieu of floral tributes, if desired, may be sent to Ty Hafan, Hayes Road, Sully, CF64 5XX in memory of Elaine.

A donation collection will be provided at the Service. Donations/tributes can also be made via www.colesfuneraldirectors.co.uk/funeral-notices.

All enquiries to Coles Funeral Directors, 2-4 Heathwood Road, Birchgrove, Cardiff, CF14 4XE, Tel: 02922 093388.

Acknowledgements

CLARK
Tammy

Derek and family of the late Tammy who passed away on 18th November wish to thank all family friends, colleagues and neighbours for attending her funeral. Thanks for their support and condolences during the family's sad loss.

Also thank you to doctors and staff at the University Hospital of Wales for the care shown to Tammy and her family. All staff at Dan-y-Bryn Care Home for their care and compassion.

Thanks to Julia Page for the heartfelt and personal service she conducted at A.G. Adams and the Cardiff & Glamorgan Crematorium, Port Road, Barry.

In Memory

LIGGINS
Joshua

June 2000 to December 2019

Our wonderful and loving Grandson, gone to meet God.
We will always love you.
You were more like a son, so loving and so caring.
Until we meet again Joshua.
Love, Nan & Grandad Reid

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Paul, Charlotte and staff would like to thank all their customers for their continued support.

Happy New Year!

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Birthdays

Happy Birthday
Philip Irwin
on 8th January

Best wishes from all your friends at the GEM

Anniversary

Graham & Muriel Saunders

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Thank you Muriel for your love and our family.
Your loving husband Graham
xxx

Public Notice

Goods Vehicle Operator's Licence

Stephen Floyd trading as **Floyds** of 63 Highfield Place, Sarn, Bridgend CF32 9RN is applying for a licence to use **The Yard, rear of Bof, Tower Close, Bridgend Industrial Estate, CF31 3TH** as an operating centre for **2 goods vehicles** and **0 trailers**.

Owners or occupiers of land (including buildings) near the operating centre(s) who believe that their use or enjoyment of that land would be affected, should make written representations to the Traffic Commissioner at Hillcrest House, 386 Harehills Lane, Leeds, LS9 6NF, stating their reasons, within 21 days of this notice. Representors must at the same time send a copy of their representations to the applicant at the address given at the top of this notice. A Guide to Making Representations is available from the Traffic Commissioner's office.

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Athletic Generals come out on top against Pyle

PYLE Seconds hosted Bridgend Athletic Generals in a friendly, with the home side keen to avenge their defeat at Newbridge Fields last season.

However, the Athletic again prevailed with a 31-17 victory.

As the first game after the Christmas break, it was evident the festive period had sapped the fluidity of the Athletic game. Both teams worked through phase play and the game was unfolding to be a close encounter.

Athletic were the first to regroup and managed to score with a well-worked try scored by Javan Bell, who raced 35 metres, by-passing several defenders to score the opener.

The scrum allowed Pyle to work some set piece moves and with a quick pass to the Pyle running centre, they were over for their first score under the posts which was duly converted by their prop.

A frustrated Athletic side did not want to go into the half time break behind on the score board. Some neat passing saw the Athletic gain 50 metres and eventually score through a Harry Harries try just before the half time whistle. Scott Jones converted.

The Generals started the second half with a very strong back to basics principle, running through the phases which opened up some space for Hywel Cosby to score in the corner within a minute of the restart, Scott Jones converted with a cracker of a kick from the touch line.

By this point the Generals were dominating possession and frustrating Pyle, but their defence was resilient. The Generals kept playing to their strengths and the patience was rewarded by another great phase of 'heads up' rugby which saw the ball passed through more than a dozen hands, with Harry Harries eventually crossing the Pyle try line.

Uncharacteristically, the Generals ill-discipline started to creep into the game, which allowed Pyle to capitalise and gain some much-needed territory. They kept the ball tight within the pack and were eventually rewarded with their second try of the game.

The Pyle try was a wake-up call for the Generals and they soon started working through the phases again!

Some consistent pressure on the Pyle line, looked surely to be rewarded with another Generals try, but some basic handling errors saw that opportunity lost and cleared by Pyle.

Within minutes, the Athletic were back in possession and attacking the Pyle 22. Moments later Javan Bell was in possession and crossed for his second of the day on the 78-minute mark

At this point the game was all but won by the Athletic Generals, but Pyle were not ready to throw in the towel and continued to pressurise the Athletic side and eventually scored a try before the final whistle.

The General's man of the match award went to Javan Bell for his outstanding attacking and defensive display, with recognition going to Josh Seldon and Ellis James for their tireless defensive efforts.

The Generals would also like to thank youth players Jack Obbard and George Tellem for joining the squad at the last moment and for their excellent displays on the field.

Bobbett is a cut above as Barry Vets run riot

IN their first match of 2020, Barry Vets over-55s were just too good for a sprightly Merthyr Tydfil and they secured an impressive 9–1 victory, including a fabulous foursome for evergreen Mike Bobbett.

The defence of their over-55s League crown is now very much back in their own hands.

Although missing a number of key players, Barry were still able to field a strong squad at Abercynon, so much so that they dominated the match, pretty much, from start to finish and in fact the scoreline could have been even more emphatic!

Merthyr are always a tough nut to crack but with Barry in this form, Merthyr's weaknesses were immediately exploited by the midfield of Huish, Price, Marshall and Dupuy, and full backs Staddon and Gibbins, whilst strikers Welsh and Bobbett terrorised their opponents. 'Jonah' Jones continued with his impressive scoring run, slotting home Dupuy's corner with aplomb.

Price scored shortly afterwards when he slammed home from close range after his header was parried. The visitors went three up when Bobbett took advantage of a defensive lapse to finish from a tight angle.

Barry stopper John Jones was a mere spectator, and apart from one defensive mix-up which allowed the home striker to score cheaply, this was a consummate back four performance from Gibbins, Jones, Averies and Staddon.

Merthyr's momentary chink of hope was crushed however, when Bobbett scored his second and then completed his hat-trick with an audacious lob, proving that when he's in this kind of mood he is almost unplayable.

Into the second half and Dupuy took centre stage, first supplying a superb cross, which was powerfully headed home by Welsh and then getting on the scoresheet himself with a delightful chip over the stranded keeper.

The pack was shuffled with Brown and Taylor entering the fray, but man-of-the-match Bobbett was relentless, scoring his fourth after robbing the opposition number 5.

But the best was still to come as Huish screamed a shot into the top corner from 25 yards to complete the rout and send out a clear warning to the other teams in the league.

Next week the over 50s travel to Cwmbran for a cup match against last years beaten finalists.

AH

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Ysgol Gwaun y Nant pupils spread seasonal cheer

OVER the festive period, pupils from Ysgol Gwaun y Nant have been bringing seasonal joy to the community by entertaining crowds with traditional carols.

The school choir took a break from lessons to visit Cardiff Airport, Tesco in Barry, as well as the Stroke Ward at Llandough Hospital.

Rhydian Lloyd, the headteacher, said: "We have been singing carols in the community for quite a few years. Pupils have always enjoyed the experience and people are always very appreciative.

"It was especially rewarding to be able to go to Llandough Hospital this year. I'm sure that the children brightened the day of many patients.

"In addition to this pupils decided to invite parents to school for an afternoon of carols and mince pies! The afternoon was organised by pupils - from writing the invites, preparing the programme and tickets, sourcing refreshments (which were kindly donated by Tesco) and serving tea and coffee.

"The pupils also decided that all proceeds should go to charity. It was a pleasure to be able to present cheques of £135 each to the RNLI, Llamau and Ty Dyfan."

Brynhill Ladies tried their hands at festive wreaths before Christmas

JO Kirkpatrick, the Ladies' Captain of Brynhill Golf Club welcomed Hilary West, of Hilary West Florists, Colcot Road, Barry and said that Brynhill was honoured to have Hilary at the club to demonstrate how to make a Christmas door swag.

All 25 ladies attending the evening made an excellent attempt at duplicating what Hilary had shown them. All very individual. Hilary was delighted with the efforts made by all the ladies.

The December 3 winter competition winner was Lynda Lloyd with 16 points.

JMK

After a diet of television Darts over Christmas, it's back to reality in the Cowbridge Darts League

DARTS in the Vale with the Cowbridge League has resumed after the Christmas and New Year break, and on January 7 the Farmers Arms hosted the final of the Great Western Cup between the Red Lion Inn and the Edmondes B; the results will be given in next week's report.

Present league standings after eight weeks are: Edmondes B (103 points), Highwayman Inn (93), Victoria Inn (88), Farmers Arms (73), Hairy Farmers (69), Edmondes C (64), Edmondes A (60), Town Hall Criers (57) and Red Lion Inn (46).

This coming Tuesday, January 14 The Highwayman Inn hosts the Town Hall Criers, the Edmondes B hosts the Victoria Inn, the Hairy Farmers hosts the Farmers Arms and the Red Lion Inn hosts the Edmondes A. The Edmondes C have a bye.

All matches start at 8.15pm and spectators are welcome. For further information e-mail Paul at *cowbridgedarts@gmail.com*, up-to-date information can be found on the website: *www.darts.apsn.co.uk*.

Please note: the league is very keen to grow and have more teams next season, so anyone looking at putting a team together or landlords keen to host a darts team – please get in touch!

PJT

Sully Over-60s take Welsh title

ABOVE:
The Sully Over-60s rink, Welsh contenders at the 2020 UK Finals in March are (from left): Rod Hudson, Gerry White, Mike Doody (president) Ken McLeod and Andrew Harvey.

Email your sports reports and photographs to editorial@glamorgan-gem.co.uk

Barry Chess Club at the New Year Chess Congress

THE start of every new year is marked on the first weekend by the New Year Chess Congress that has been held for many years in Bridgend.

There are as usual three sections to this tournament, and on this occasion the Barry Chess Club had a representative in each section. In the Open Section Dave Turner was our entrant.

Dave was ranked 16th out of the 32 entrants. After a tough match in round one when he lost to second seed Grzegorz Toczek things improved. With three wins from his remaining four games he finished in equal eighth place, only a point behind the eventual winner.

In the Major Section Ian Abraham was ranked 19th out of 28 players. Ian picked up a win, a draw and a half point bye to finish on two points from his five rounds of play. He finished in equal 19th place which is exactly where he should have been.

In the Minor Section Stephen Maguire was the Barry representative. There were only eight players in this section and Stephen was ranked eighth. He also finished with two points with two wins and three losses. Included among his wins was a victory against second seed Craig Thomas.

Stephen finished in equal fifth place, so it was a good competition for Stephen and some valuable ratings points will have been earned.

The Barry Chess Club meets at 7:30pm most Mondays (excluding Bank Holidays) at the West End Club, St Nicholas Road, Barry CF62 6QY. The club is open to players of all standards; whether you are interested in playing competitive chess or just the occasional friendly games.

New players are very welcome to just turn up on the night but it is better to contact one of the club members through the website first, so that we can arrange for someone to greet you on your arrival. For more details visit our website at *barrychessclub.yolasite.com.*

PJ

Bridgend Athletic RFC Mini and Junior games roundup

FIVE BARFC M&J teams were in action on the first Sunday in 2020.

Under-8: Bridgend Athletic under-8s took a squad of 19 players to Glynneath for their first game after the Christmas break.

The Ath were in fine form, running in tries for fun and completing numerous six tag turnovers. Great team effort by all the following players: Zavier Gardener, Riley Thomas, Charlie Tune, Osian Phillips, Callum Brown, Matthew Hallez, Sam Francis, Benjamin Westlake, Matthew Willcox, Isaac Rees, Joshua Owen, Jesse Sargent, Harry Tomkins, Evan Lewis, Harrison O'Brien, Ollie Davies, George Cowan, Tyler Pascoe and Ollie Dowson.

Next up for the under-8s is a trip to Pontrhydyfen.

Under-9: On January 5, the Ath under-9s travelled to Glynneath for their first fixture of 2020.

Having had a three-week break the Ath looked a little rusty; they quickly blew away the cobwebs however, and got back into their rhythm.

The home side proved stiff opposition and the under-9s had to put in a strong performance, particularly in defence. Three matches were played with the results displaying the even nature of the contest:

Match 1: Draw 2-2, Match 2: Loss 0-1, Match 3: Win 3-2

Under-11: The first game of 2020 saw the under-11s travel to Aberavon Green Stars.

The Ath started brilliantly with a quick try from the first kick-off for Charlie Richards. The first half saw another three tries from the Ath, with a powerful run from Oliver Williams, Charlie going over for his brace and Jackson with a solo run to go over for his first try of the day.

In the second half, Aberavon had a little success but the Ath were too strong in the forwards, and a little too cute for the opposition in the backs with some well-worked moves.

A great start to 2020. Try scorers Oliver Williams (3), Jackson Mutlow (3), Charlie Richards (2) and a well-deserved try towards the end for Rhys Punter. Final score: Aberavon 15 - 45 Ath.

Under-14: For the first game after Christmas the under-14s entertained Bryncoch for the first time on Newbridge fields. With the going heavy underfoot it was the Ath who started the game the better, winning turnover ball and putting Bryncoch under pressure. Off one of these pressure plays by Dan Honeyfield the ball was picked up by Matthew Davidson.

Matthew stepped inside a couple of players and drove over the line, under the posts. It wasn't long before the Ath scored their second try, with good interplay between Iolo John, Rhys Hockings and Sam Breeze, with Rhys giving the final pass for Sam to beat the final defender and run in unopposed, taking the half time score to 10–0 to the Ath.

Bryncoch started the second half on top, with their forwards making good inroads into the Ath defence. It wasn't long before their pressure turned into points with a couple of tries under the posts with one converted.

With the game in the balance and with both the Ath first choice centres off the pitch with injury, it was good Ath defence that kept Bryncoch out for the remainder of the game. Rhys Hockings still had to beat three defenders to run in the winning try and score under the posts, kicking the final conversion. The Ath won the game with a final score of 17–12.

Under-16: It was Nantyfyllon away for the under-16s and first game for over a month, so always going to be rusty. Surprisingly with terrible pitch conditions the overindulgence didn't turn out too badly. The Ath in fact probably tried to play to much open rugby with the conditions having the upper hand and uncharacteristic errors being made.

However, the Ath did get the first try with strong running from Jacob Perkins charging up the middle releasing the backs for Gus Patterson to go over and Evan Beach converting. Half time score 3-7.

In the second half the Ath won the kicking battle with Evan Beach keeping Nanty pinned in their own half. Unfortunately for the Ath, our line out wasn't operating as usual and failed to capitalise on chances. However, some quick thinking between Luke Griffiths and Jacob Perkins with a short throw in the lineout saw Perkins accelerate up the touchline to smash through the Nantyfyllon fullback. Final score 3–12.

Go dry this month to help your eyes

NOW the party season is over, it's time to put the brakes on the bingeing to make sure we look after our health.

With many people using the New Year as an opportunity to detox and go 'dry', Specsavers in Cowbridge explains why this is great news for our eyes and ears. We all know that alcohol can play havoc with our bodies and it's not just the hangovers we have to show for it, as dehydration can also cause symptoms of 'dry eye'.

Andrew Moss, store director, says: "When you lose more fluid than you take in, your body becomes dehydrated. Our eyes can become dry and irritated and we can even start to get slightly blurred vision because there are not enough tears to lubricate the eye.

"Tears are so important as they can wash away foreign matter that might come into contact with your eye, and they also help reduce the risk of eye infections. The best way to try and combat dry eyes is by rehydrating, by drinking plenty of water. Your optician can also recommend eye drops that can help."

Our eyes aren't the only sense that suffers, as audiology director Kevin Thomas explains: "High alcohol consumption over a long period of time, much like the festive season, can result in damage to the central auditory cortex of the brain which can then lead to brain shrinkage. The damage to the auditory nerve then adds up, meaning even moderate drinkers are at risk.

"Research has shown that heavy and even social drinking can damage the part of the brain that enables you to hear. So, while our actual ears may be functioning properly after consuming alcohol, the reaction on our brain can cause hearing loss."

That is why going dry is not only great news for our livers but other parts of our body will benefit too.

Chief Medical Officer wishes everyone a healthier New Year

MANY of us take the opportunity of the New Year to think about how we want to improve our health and well-being in the year ahead.

The Chief Medical Officer for Wales, Dr Frank Atherton, says the key to lasting change is to get support, whether from friends and family or from the many programmes designed to help.

"One of the top new year's resolutions is to quit smoking, which we know is a really difficult habit to break; but it is one of the best things you'll ever do for your health.

"We know that you're up to four times more likely to succeed in your efforts to give up smoking with free NHS support than you are by going it alone, so take your first step towards a healthier 2020 by contacting Help me Quit, the free NHS Wales service.

Call 0800 085 2219, Text HMQ to 80818 or visit helpmequit.wales for free, effective and tailored help and support.

"We know that physical activity is hugely beneficial to our health, both in terms of achieving and maintaining a healthy weight and contributing to our happiness and wellbeing.

"Even relatively small increases in physical activity can improve our health and quality of life, and it doesn't have to be working out at the gym or running marathons, unless that's enjoyable and achievable for individuals.

"Gardening, walking, and carrying shopping all count, so try to incorporate more activity into everyday life wherever possible and you'll feel the benefit."

He added: "The start of a new year is often a time when we think about our weight, and it's a fact that achieving a healthy weight is one of the most effective ways to reduce the risk of long term health conditions such as diabetes, heart disease and cancers. "Changing daily lifestyle habits can be challenging, but it can be done, and our new plan to tackle obesity sets out the ways in which we will help people to break old habits and create healthy new ones.

"Embedding healthy behaviours from a young age is key, so if one of your resolutions is to help your children live a healthy life, Every Child Wales provides lots of ideas to get you on the right track.

"The new year is also a good time to think about how we can reduce our alcohol intake in order to reduce the risks to our health. With January just around the corner, giving up alcohol for just one month can have some amazing health benefits including better sleep, more money in your pocket, healthier insides, more energy, brighter skin and much more."

Garden scheme raises £35,000

THE National Garden Scheme (NGS) in Glamorgan is thanking garden enthusiasts who helped raise just under £35,000 during 2019.

Under the scheme, private gardens are opened for a day, with the proceeds from entry fees and refreshment sales going to charities chosen by the NGS.

Spokeswoman Rhian James said: "This year, open gardens have helped to support nursing and health charities including Macmillan, Marie Curie and Horatio's Garden.

"Some of the funds have gone to wonderful new facilities and this year we welcomed the opening of The Y Bwthyn NGS Macmillan Specialist Palliative Care Unit at The Royal Glamorgan Hospital in Llantrisant.

"We also look forward to Cardiff's very own Horatio's Garden at the University Hospital Llandough, with work now started to create a garden at the Spinal and Neurological Centre for patients, their families and staff."

She continued: "This year there have been some wonderful highlights to share. This was the first year opening with the National Garden Scheme for a number of gardens. At 164, Redlands Road, Penarth, a large urban garden, there was a feast for the eyes and an explosion of colour, opening at the height of the summer.

"We had some fantastic group gardens opening in 2019 exemplifying how a group of gardens within a village or small town can make for a memorable day out. Llanmaes Gardens proved to be a great inspiration for our volunteer photographers, who captured some beautiful images for us to share with you on the NGS website.

"Dinas Powys is another great example of a group of gardens opening under one entry fee, offering a variety of garden styles to see in one day.

"If you love to be inspired by gardens and want to visit in 2020, a great place to plan your visit is via our website. In 2020 over 30 gardens will open in Glamorgan, with eight new gardens and 10 opening 'By Arrangement'.

"If you are unable to make it to the general openings, the 'By Arrangement' gardens are happy to welcome you at a more suitable time by arrangement with the garden owner. Please feel free to get in contact with us to find out more or connect with us on social media at www.ngs.org.uk"

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St Athan rain defeats the Glamorgan farmers!

Winning golfers Brian Jones, sponsor Martyn David with Father Christmas (alias Andrew Thomas), Robbie Llewelyn and Tim Jarvis.

FOR only the second time in 35 years of playing monthly golf, the Christmas meeting arranged for members of the Glamorgan Farmers' Society was reduced to nine holes due to adverse weather at St Athan Golf Club.

With playing conditions deteriorating shortly after the first group had completed nine holes, the society captain Clive Thomas sensibly called a halt to proceedings, much to the satisfaction of all 29 competitors.

Luckily for Andrew Thomas who, unfortunately, was unable to attend the evening presentation ceremony, a front nine score of 16 Stableford points was just enough to return home with a voucher for a goose, courtesy of the day's generous sponsor Mr Martyn David of Picketston Poultry Ltd.

The runner-up with 15 points was local farmer Brian Jones, followed by Robbie Llewellyn, Tim Jarvis and Neil McLean who all scored 14. John Davies, with 13 points, won the over-80s competition, just seeing off the challenge of Glyn Watts-Jones who finished with 12.

Nearest the pin on the Watts & Morgan (Cowbridge) sponsored par-3 holes were society president Geraint Davies and Hugh Williams, now playing off his reduced handicap of just four.

Clive Edwards featured in the prize giving when returning home with the Llanerch Vineyard & Restaurant sponsored longest drive prize and jet-setting retired farmer David Williams from Llancadle returned home with half a dozen eggs when correctly guessing just 18 balls would make it back to the clubhouse, which raised £60 for the Injured Jockeys Charity.

The next meeting of the society will be on Thursday, January 30, at Pyle & Kenfig Golf Club, kindly sponsored by Mr Gino Cocco of Llanharan Concrete Co Ltd.

Finally captain Clive Thomas and members of the Glamorgan Farmers' Golf Society wish golfers throughout the Vale a very Happy and Blessed New Year.

TMcC

Porthcawl complete a season's double over Ystradgynlais

FOLLOWING the previous week's victory at Pyle, Porthcawl went on the road to record a comfortable double in the Swansea Valley at Ystradgynlais, winning by 30–5.

The village hosts, always a side to be reckoned with due to their strong pack, showed great control to thwart early Porthcawl efforts to use a plentiful supply of ball and it was fully half an hour before flanker Louis Protheroe, grandson of former Bridgend and Aberavon stalwart Paul Stenner, broke through the home defence to set up the ruck and earn an easy penalty, which fly-half Josh White put over to open the scoring at nil-3.

Led well by skipper Leon McNally, Porthcawl also had some great driving play from props Harry Olding and perpetual workhorse Jamie Uren, which paved the way in wearing down the home defence.

A superb rip of possession by hooker Will Lampard led to a second penalty chance for White from 30 metres and nil-6 although this was scant reward for the amount of possession the Seaweeds had enjoyed to that point.

A chance for the first try of the match was squandered, however as Porthcawl's four on two overlap resulted in a dropped pass, the chance now gone, going into the break at just nil-6.

The start of the second half was to see a better level of execution by Porthcawl and when after 50 minutes, opportunity came, they didn't disappoint.

Superb hands by lock Kyle Galtry made the opening, the ball recycled by McNally and the result a superb try for flanker Ben Asprea, goaled by White and nil-13.

White then added another penalty as Protheroe's industry at the breakdown won the chance, before a super drive into defence from a lineout saw the ball released and the skipper McNally, showing deft footballing skills, kicked through the flat defence and won the race to touch down for a marvellous individual score at the posts, with White's conversion bringing it to 23 without reply.

While the scoreline didn't flatter the Seaweeds at all, neither did it reflect the industry of the home side for whom captain Ethan Nicholls was a smart operator who kept his side on the go from scrum-half.

Indeed, it was Nicholls who set up the position from which left wing Emyr Addey scooted over for a deserved unconverted try to get Ystrad on the board.

This score seemed to spur the hosts into throwing the ball around more readily, however that can sometimes be counter-productive and this proved so as Porthcawl sub Thomas Wilson intercepted near halfway and fairly galloped away down the left touchline to cross at the corner for a great try, bettered only by White's outstanding conversion to round off the scoring for Porthcawl and another victory which keeps them in third spot and in promotion contention.

Full-back Tom Davies was faultless throughout for the Seaweeds and deserves a mention, as does scrum-half Jak Robbins, who kept the possession flowing and was a terrier around the fringes; and coach Rhys James will be pleased to get a win on the board before Saturday's visit to Seven Sisters.

Paul Fielding

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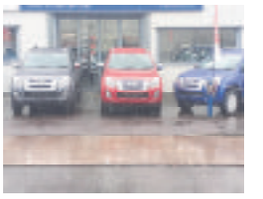

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£14795 NO BUYERS FEES

17 67 VAUXHALL ADAM 1.4i [100] Slam 3dr, tech pack, 17"alloys, Bluetooth, 13k, red

£7995 NO BUYERS FEES

18 18 LAMBORGHINI HURACAN LP640-4 Performante LDF 4WD 2dr lift system, Lamborghini warranty May 2022,

£177995 NO BUYERS FEES

17 67 NISSAN QASHQAI 1.5 DCI Tekna 5dr, sat nav, pan roof, 19k, met blue, full leather

£15495 NO BUYERS FEES

13 13 LAND ROVER RANGE ROVER EVOQUE 2.2 ED4 Pure 5dr, sat nav, tech pack, pan roof, grey

£12495 NO BUYERS FEES

15 65 ABARTH 595 1.4 T-Jet 140 Trofeo 3dr, air-con, 17"alloys, usb, aux, 28k, black **£7995**

13 13 AUDI A1 1.6 TDI Sport 5dr, sat nav, Bluetooth, air-con, alloys, white **£7495**

16 16 AUDI A4 AVANT 2.0 TDI S-Line Estate, sat nav, Bluetooth, cruise, dab, 33k, grey **£14995**

15 65 AUDI A6 2.0 TDI Ultra Black Edition 4dr S Tronic, 20"alloys, bose, sat nav, grey, full leather **£16495**

15 65 BMW M135 3.0 I Sport 5dr, xenons, dab, Bluetooth, 28k, black, full leather **£15995**

16 66 BMW 116 D EfficientDynamics Plus 5dr, sat nav, Bluetooth, cruise, 18k, blue **£11495**

13 13 BMW 118 D SE 2dr Convertible, Bluetooth, white, full leather **£6495**

15 65 BMW 118 D Sport 5dr (150bhp), sat nav, driver comfort pack, pdc, 44k, silver, full redleather **£10495**

16 66 BMW 330e M Sport 4dr Step Automatic, sat nav, cruise, 35k, estoril blue, full leather **£17995**

14 14 BMW 320 D EfficientDynamics Business 4dr, sat nav, 18"alloys, privacy glass, white, full leather **£9495**

17 67 BMW 320 D M Sport Shadow Edition 4dr Automatic, BMW warranty Oct 2020, sat nav, harman kardon, heated seats, blue, full leather **£16295**

16 16 BMW 335 D XDrive M Sport 4dr Step Automatic, sat nav, 19"alloys, 30k, met grey, full leather **£18495**

15 15 BMW 420 D SE 190 2dr Coupe Automatic, sat nav, 18"m sport alloys, black, full leather **£12995**

17 67 BMW 420 D [190] M Sport 5dr Gran Coupe Automatic, BMW warranty Oct 2020, 19"alloys, pro media, m sport + pack, Harman kardon, choice, full leather **£18995**

16 66 BMW 520 D M Sport 4dr Automatic, sat nav, heated seats, black, full leather **£14995**

15 15 BMW M5 4.4 4dr DCT automatic (559bhp), elec glass sunroof, sat nav, reverse camera, 26k, white, full leather **£26995**

16 66 BMW X1 2.0 SDrive D M Sport 5dr, sat nav, reverse camera, heated seats, black, full leather **£13995**

15 65 BMW X5 3.0 D XDrive M Sport 5dr Automatic (7-Seater), 20"alloys, sat nav, reverse camera, carbon black, full leather **£26495**

16 16 DS DS3 1.2 Puretech Elegance 3dr, cruise, dab, 17"black alloys, 17k, yellow **£6995**

17 66 FORD ECOSPORT 1.0 EcoBoost 140 Titanium S 5dr, Ford warranty Feb 2020, cruise, Bluetooth, 21k, yellow, half-leather **£9495**

16 66 FORD FIESTA 1.0 EcoBoost 140 ST-Line Navigation 5dr, Ford warranty Feb 2020, sat nav, 17"alloys, Bluetooth, dab, 7k, black **£10495**

15 64 FORD FOCUS 1.5 TDCI Style 5dr, air-con, Bluetooth, dab, 42k, blue **£6995**

17 67 FORD KUGA 2.0 TDCI 180 ST-Line 5dr, Ford warranty Dec 2020, sat nav, reverse camera, cruise, 20k, silver **£17495**

12 12 FORD MONDEO 1.6 EcoBoost Titanium Estate (160bhp), Bluetooth, cruise, grey **£5495**

17 66 FORD S-MAX 2.0 TDCI Titanium 5dr (7-Seater), Ford warranty Feb 2020, sat nav, cruise,34k, met red **£14995**

19 19 HYUNDAI i30 2.0 T GDI N Performance 5dr (271bhp), Hyundai warranty April 2024, sat nav, reverse camera, 19"alloys, 3k, black, half-leather **£21995**

16 66 HYUNDAI i40 1.7 CRDi Blue Drive Premium 4dr, Hyundai warranty Nov 2021, pan roof, sat nav, reverse camera, 30k, silver, full leather **£11795**

19 69 HYUNDAI KONA 1.6 150kw GDI Hybrid Premium SE 5dr Automatic, Hyundai warranty Oct 2024, sat nav, reverse camera, heated seats, only 464 miles in orange **£22995**

18 68 JAGUAR F-PACE 2.0 D R-Sport 5dr Automatic, Jaguar warranty Oct 2021, sat nav, reverse camera, 7k, black, full leather **£29995**

17 67 JEEP CHEROKEE 2.0 MultiJet Limited 5dr 4WD, Jeep warranty Oct 2020, sat nav, 13k, grey, full leather **£16495**

17 17 JEEP RENEGADE 1.6 MultiJet Longitude 5dr, sat nav, Bluetooth, dab, 18k, black **£8995**

13 13 KIA CEED 1.6 CRDi 2 EcoDynamics 5dr, cruise, Bluetooth, 39k, silver **£5995**

16 66 KIA NIRO 1.6 GDI Hybrid 2 5dr DCT Automatic, Kia warranty Oct 2023, sat nav, reverse camera, 28k, choice **£15995**

17 17 KIA SORENTO 2.2 CRDI KX-2 5dr (7-Seater), Kia warranty June 2024, sat nav, reverse camera, 25k, silver, full leather **£18995**

6 66 KIA SPORTAGE 1.6 T-GDI GT-Line 5dr Automatic AWD, Kia warranty Nov 2023, sat nav, reverse camera, heated seats, choice, full leather **£14495**

16 66 LAND ROVER RANGE ROVER EVOQUE 2.0 ED4 SE 5dr, heated seats, 18"alloys, 37k, blue, full leather **£17995**

16 66 LAND ROVER RANGE ROVER EVOQUE 2.0 TD4 HSE DYNAMIC 5 DR Auto, sat nav, 24K, met grey, full leather **£24995**

14 64 LAND ROVER RANGE ROVER 3.0 TDV6 Autobiography 5dr Automatic, pan roof, TV, sat nav, electric side steps, reverse camera, white, full leather **£34995**

17 67 LEXUS IS300h Advance 4dr CVT Automatic, sat nav, reverse camera, 17"alloys, cruise, grey, full leather **£17495**

18 68 MAZDA 3 2.2 D SPORT Nav 5dr, Mazda warranty Sept 2021, sat nav, headup display, reverse camera, black, full leather **£14995**

18 18 MAZDA 6 2.0 Sport Nav 4dr, MAZDA Warranty until 2021, sat nav, bose, 19"alloys, 14k, white, full leather **£15495**

16 66 MAZDA CX-3 2.0 SE Nav 5dr, Bluetooth, USB, 16k, black **£11495**

13 62 MAZDA CX-5 2.2 D Sport 5dr, sat nav, reverse camera, grey, full leather **£8995**

16 66 MAZDA MX-5 1.5 SE 2dr Convertible, alloys, usb, aux, met red **£9995**

16 66 MINI COOPER 1.5 5dr, cruise, 17"black alloys, privacy glass, 36k, white silver, half-leather **£9995**

16 66 MINI COOPER 2.0 S D 3dr Automatic, media pack xl – sat nav, cruise, privacy glass, 34k, grey **£12995**

17 67 MINI COUNTRYMAN 2.0 S 5dr (189bhp), Mini warranty Oct 2020, sat nav, 18"alloys, 11k, white, half-leather **£17995**

16 66 NISSAN JUKE 1.5 dCi N-Connecta 5dr, sat nav, reverse camera, choice **£8995**

18 68 NISSAN NAVARA Double Cab Pick Up Tekna 2.3dCi 190 4WD Automatic, Nissan warranty Sept 2021, sat nav, reverse camera, black, full leather ..... **£17995+VAT**

14 64 NISSAN QASHQAI 1.5 dCi Acenta 5dr, cruise, aux, usb, 17"alloys, blue **£7495**

16 66 NISSAN QASHQAI 1.5 DCI N-Connecta 5dr, pan roof, sat nav, reverse camera, choice **£10495**

14 64 NISSAN QASHQAI 1.5 dCi Acenta 5dr, cruise, aux, usb, 17"alloys, blue **£7495**

16 66 NISSAN QASHQAI 1.5 DCI N-Connecta 5dr, pan roof, sat nav, reverse camera, choice **£10495**

16 66 NISSAN X-TRAIL 1.6 DCI Acenta 5dr 4wd (7-Seater), pan roof, 26k, grey **£12995**

15 65 PEUGEOT 108 1.2 Puretech Allure 5dr, reverse camera, dab, Bluetooth, red **£4995**

18 18 PEUGEOT 2008 1.2 PureTech 110 GT Line 5dr EAT6, Peugeot warranty April 2021, apple car play, sat nav, pan roof, 8k, grey **£13995**

18 68 PORSCHE MACAN 2.0 T 4WD 5dr PDK, pan roof, 21"turbo alloys, BOSE, comfort memory pack, heated seats, LED lights, huge spec, in black with full leather **£47995**

18 18 RENAULT CLIO 0.9 TCE 90 Urban Nav 5dr, Renault warranty March 2022, sat nav, Bluetooth, pdc, 3k, blue **£9495**

17 67 SEAT LEON 1.6 TDI SE Dynamic Technology 5dr DSG Automatic, Seat warranty until December 2020, sat nav, cruise, 8k, grey **£11495**

15 65 VAUXHALL MOKKA 1.6 CDTi ecoFLEX SE 5dr, heated seats, privacy glass, 33k, blue, full leather **£8495**

16 66 VW GOLF 2.0 TDI GTD 3dr DSG Automatic, sat nav, 19"alloys, heated seats, 27k, grey, full leather **£16995**

17 67 VW PASSAT 1.4 TSI GTE Estate DSG Automatic (215bhp), sat nav, heated seats, 18"alloys, black, half-leather **£18495**

19 19 VOLVO V40 1.5 T3 R-Design Edition 5dr Automatic (152bhp), Volvo warranty April 2022, sat nav, pan roof, reverse camera, only 730 miles in black, full leather **£18995**

18 68 VOLVO V60 2.0 D4 (190) Momentum Estate Automatic, Volvo warranty Dec 2021, sat nav, heated seats, 10k, black **£21495**

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16 66 MERCEDES A180 D AMG Line 5dr, xenons, cruise, 18"alloys, grey **£12995**

18 18 MERCEDES A180 D Sport Executive 5dr Automatic, Mercedes warranty Aug 2021, sat nav, cruise, dab, 9k, choice **£18495**

18 18 MERCEDES A180 D AMG Line Premium 5dr Automatic, Mercedes warranty Aug 2021, sat nav, reverse camera, 6k, silver, half-leather **£20995**

18 68 MERCEDES A180 D AMG Line 5dr Automatic, Mercedes warranty Oct 2021, sat nav, reverse camera, dab, 15k, choice, half-leather **£19795**

18 18 MERCEDES A200 D Sport Executive 5dr Automatic, Mercedes warranty March 2021, sat nav, usb, reverse camera, 16k, silver **£15995**

18 18 MERCEDES A200 D Sport Edition Plus 5dr Automatic, Mercedes warranty July 2021, pan roof, sat nav, reverse camera, 6k, black **£17995**

18 68 MERCEDES A200 1.3 Sport 5dr Automatic, Mercedes warranty Sep 2021, sat nav, rev cam, 5k, met grey, half leather **£19495**

18 68 MERCEDES A200d AMG Line Premium Plus 5dr Automatic, Mercedes Warranty until November 2021, pan roof, sat nav, 3k, black, half leather **£21795**

15 15 MERCEDES A220 CDI AMG Sport 5dr Automatic, night pack, pan roof, sat nav, silver, full leather **£13495**

16 66 MERCEDES C43 4Matic Premium 2dr Coupe Automatic, pan roof, sat nav, reverse camera, cruise, 22k, white, half-leather **£29995**

16 65 MERCEDES C200 AMG Line 2dr Coupe Automatic, heated seats, 26k, black, full leather **£19995**

18 18 MERCEDES C200 Sport Premium 4dr 9G-Tronic Automatic, Mercedes warranty May 2021, pan roof, sat nav, heated seats, 15k, choice, full leather **£19495**

18 67 MERCEDES C200 AMG Line 2dr Convertible Auto, Mercedes warranty March 2021, 19"alloys, sat nav, 9k, silver, full leather **£22995**

18 68 MERCEDES C200 Sport Premium Plus 4dr 9G-Tronic Automatic, Mercedes warranty Oct 2021, pan roof, sat nav, reverse camera, 12k, silver, full leather **£23795**

18 68 MERCEDES C200 AMG Line Premium 2dr Coupe 9G-Tronic Automatic, Mercedes warranty until Oct 2021, widescreen nav, rev cam, 9k, grey, half leather **£25995**

18 68 MERCEDES C200 AMG Line Premium 5dr Estate 9G-Tronic Automatic, Mercedes warranty Oct 2021, sat nav, reverse camera, dab, usb, 8k, choice, half-leather **£23495**

14 64 MERCEDES C220 D BlueTEC AMG Line Premium Plus 4dr Automatic, pan roof, sat nav, 21k, silver, full leather **£17995**

17 17 MERCEDES C220d AMG Line 2dr Convertible Automatic, Mercedes warranty April 2020, sat nav, reverse camera, 5k, grey **£20995**

18 68 MERCEDES C220 D Sport 4dr 9G-Tronic Automatic, Mercedes warranty Oct 2021, sat nav, reverse camera, 10k, silver, full leather **£19995**

17 67 MERCEDES C250d AMG Line 2dr Convertible Automatic, sat nav, rev camera, 17k, blue, full leather **£21495**

18 18 MERCEDES C250 D AMG Line Premium Plus 2dr Coupe Automatic, Mercedes warranty July 2021, pan roof, sat nav, reverse camera, 10k, grey **£24995**

16 66 MERCEDES C300 AMG Line 2dr Convertible Automatic, sat nav, reverse camera, 18"alloys, 27k, blue, full leather **£21495**

18 68 MERCEDES C300 AMG Line Premium 2dr Coupe 9G-Tronic Automatic, Mercedes warranty Dec 2021, sat nav, reverse camera, 7k, choice, half-leather **£27995**

19 19 MERCEDES C300 D AMG Line Premium 2dr Coupe 9G-Tronic Automatic, Mercedes warranty April 2022, sat nav, reverse camera, only 1307 miles in blue with half-leather **£28995**

15 65 MERCEDES C350e Sport Premium Plus 4dr Automatic, pan roof, sat nav, reverse camera, 41k, silver, full leather **£17995**

16 66 MERCEDES CLA180 Sport 4dr, cruise, 18"alloys, Bluetooth, 15k, silver **£16795**

18 68 MERCEDES CLA180 AMG Line Edition 4dr, Mercedes warranty Oct 2021, sat nav, reverse camera, 6k, black, half-leather **£20495**

16 66 MERCEDES CLA200 D Sport 4dr, cruise, Bluetooth, aux, usb, 28k, red **£15995**

16 66 MERCEDES CLA200 D AMG Line 4dr Coupe, cruise, Bluetooth, 19k, white **£18495**

17 67 MERCEDES CLA220 D AMG Line 5dr Estate Tip Automatic, Mercedes warranty Sept 2020, sat nav, privacy glass, cruise, red, half-leather **£17495**

17 67 MERCEDES E200 D SE 4dr 9G-Tronic Automatic, Mercedes warranty Oct 2020, sat nav, reverse camera, 17k, black, full leather **£19995**

16 16 MERCEDES E220 BlueTEC SE 4dr 7G-Tronic Automatic, sat nav, 20k, sailver, full leather **£15495**

16 16 MERCEDES E220d AMG Line 4dr 9G-Tronic Automatic, sat nav, 19"alloys, 31k, grey, half leather **£18495**

17 17 MERCEDES E220 D AMG Line 2dr Coupe 9G-Tronic Automatic, Mercedes warranty Sept 2020, sat nav, 19"alloys, white, half-leather **£21995**

17 17 MERCEDES E220 D AMG Line 4dr 9G-Tronic Automatic, Mercedes warranty Aug 2020, sat nav, xenons, 20k, choice **£19995**

17 67 MERCEDES E220 D AMG Line 5dr Estate 9G-Tronic Automatic, Mercedes warranty Oct 2020, sat nav, reverse camera, 19"alloys, 13k, choice, half-leather **£20495**

17 67 MERCEDES E220 D AMG Line 4dr 9G-Tronic Automatic, Mercedes Warranty September 2020, sat nav, rev camera, 26k, grey, half leather **£21495**

18 18 MERCEDES E220 D AMG Line Premium 2dr Coupe 9G-Tronic Automatic, Mercedes warranty July 2021, pan roof, sat nav, 20"alloys, 10k, grey, half-leather **£28995**

18 18 MERCEDES E220 D AMG Line 2dr Convertible Automatic, Mercedes warranty April 2021, sat nav, 20"alloys, reverse camera, 9k, black **£26995**

18 68 MERCEDES E220 D AMG Line Premium 2dr Convertible 9G-Tronic Automatic, Mercedes warranty Nov 2021, sat nav, 19"alloys, reverse camera, 4k, white **£28995**

18 68 MERCEDES E220 D AMG Line Premium 2dr Coupe 9G-Tronic Automatic, Mercedes warranty Oct 2021, pan roof, sat nav, reverse camera, 20"alloys, 7k, choice, half-leather **£29995**

14 64 MERCEDES E250 CDI AMG Line Premium Plus 4dr 7G-Tronic Automatic, pan roof, sat nav, reverse camera, white **£14995**

18 18 MERCEDES E350 D 4Matic AMG Line Premium Plus 2dr Coupe 9G-Tronic Automatic, Mercedes warranty July 2021, pan roof, sat nav, 19"alloys, 5k, choice, half-leather **£30995**

18 18 MERCEDES E350 D AMG Line Premium 5dr Estate 9G-Tronic Automatic, Mercedes July 2021, pan roof, sat nav, reverse camera, 20"alloys, 8k, silver, half-leather **£27495**

18 18 MERCEDES E350 E AMG Line Premium 4dr 9G-Tronic Automatic, Mercedes warranty Aug 2021, sat nav, reverse camera, 19"alloys, 13k, blue, half-leather **£28995**

16 66 MERCEDES GLC220d 4Matic Sport Premium 5dr 9G-Tronic Automatic, pan roof, sat nav, reverse camera, grey, full leather **£21995**

18 18 MERCEDES GLC 220d 4Matic AMG Line Premium 5dr 9G-Tronic Mercedes Warranty August 2021, pan roof, rev cam, 10k, grey, full leather **£27995**

18 68 MERCEDES GLC220d 4Matic AMG Line Premium 5dr 9G-Tronic Auto, Mercedes Benz warranty Sep 2021, pan roof, sat nav, 20"alloys, 4k, choice, full leather **£28995**

18 68 MERCEDES GLC220 D 4Matic AMG Line 5dr 9G-Tronic Automatic, Mercedes warranty Oct 2021, night pack, 20"alloys, sat nav, reverse camera, 4k, choice **£27995**

17 67 MERCEDES GLC250 D 4Matic AMG Line 5dr 9G-Tronic Automatic, Mercedes warranty Dec 2020, sat nav, 20"alloys, 15k, black, full leather **£26995**

18 18 MERCEDES GLC250d 4Matic AMG Line Premium 5dr 9G-Tronic Automatic, Mercedes April 2021, pan roof, sat nav, 20"alloys, 13kj, white, full leather **£28995**

18 18 MERCEDES GLE250 D 4Matic AMG Night Edition 5dr 9G-Tronic Automatic, Mercedes warranty Aug 2021, sat nav, reverse camera, 20"alloys, 10k, black, full leather **£32995**

18 18 MERCEDES GLS350 D 4Matic AMG Line 5dr 9G-Tronic Automatic 7-Seater, Mercedes warranty Aug 2021, night pack, Harman kardon, sat nav, pan roof, 13k, white, full leather **£44995**

16 66 MERCEDES CLA200 D Sport 4dr, cruise, Bluetooth, aux, usb, 28k, red

£15995 NO BUYERS FEES

17 17 MERCEDES E220 D AMG Line 4dr 9G-Tronic Automatic, Mercedes warranty Aug 2020, sat nav, xenons, 20k, choice

£19995 NO BUYERS FEES

18 68 MERCEDES A180 D AMG Line 5dr Automatic, Mercedes warranty Oct 2021, sat nav, reverse camera, dab, 15k, choice, half-leather

£19795 NO BUYERS FEES

18 18 MERCEDES GLE250 D 4Matic AMG Night Edition 5dr 9G-Tronic Automatic, Mercedes warranty Aug 2021, sat nav, reverse camera, 20"alloys, 10k, black, full leather

£32995 NO BUYERS FEES

18 18 MERCEDES E220 D AMG Line 2dr Convertible Automatic, Mercedes warranty April 2021, sat nav, 20"alloys, reverse camera, 9k, black

£26995 NO BUYERS FEES

18 68 MERCEDES GLC220d 4Matic AMG Line Premium 5dr 9G-Tronic Auto, Mercedes Benz warranty Sep 2021, pan roof, sat nav, 20"alloys, 4k, choice, full leather

£28995 NO BUYERS FEES

17 17 MERCEDES E220 D AMG Line 2dr Coupe 9G-Tronic Automatic, Mercedes warranty Sept 2020, sat nav, 19"alloys, white, half-leather

£21995 NO BUYERS FEES

17 67 MERCEDES C250d AMG Line 2dr Convertible Automatic, sat nav, rev camera, 17k, blue, full leather

£21495 NO BUYERS FEES

17 67 MERCEDES E220 D AMG Line 5dr Estate 9G-Tronic Automatic, sat nav, reverse camera, 19"alloys, 13k, choice, half-leather

£20495 NO BUYERS FEES

14 64 MERCEDES E250 CDI AMG Line Premium Plus 4dr 7G-Tronic Automatic, pan roof, sat nav, reverse camera, white

£14995 NO BUYERS FEES

18 67 MERCEDES C200 AMG Line 2dr Convertible Auto, Mercedes warranty March 2021, 19"alloys, sat nav, 9k, silver, full leather

£22995 NO BUYERS FEES

18 68 MERCEDES C300 AMG Line Premium 2dr Coupe 9G-Tronic Automatic, Mercedes warranty Dec 2021, sat nav, reverse camera, 7k, choice, half-leather

£27995 NO BUYERS FEES

16 66 MERCEDES A180 D AMG Line 5dr, xenons, cruise, 18"alloys, grey

£12995 NO BUYERS FEES

15 65 MERCEDES C350e Sport Premium Plus 4dr Automatic, pan roof, sat nav, reverse camera, 41k, silver, full leather

£17995 NO BUYERS FEES

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At last! A home winner for the Welsh Grand National

On and Off the Turf with Brian Lee

JOCKEY Jack Tudor, 17, from Merthyr Mawr and trainer Christian Williams of Ogmore-by-Sea made horse racing history at Chepstow Racecourse during the Christmas holiday when scoring a brilliant win in Wales' most famous horse race, the Welsh Grand National.

The horse involved, *Potters Corner,* ended the 54-year wait for a Welsh victory as *Norther,* trained by Denzil Jenkins in the Vale and which won in1965, was the last horse trained in Wales to win the race.

Former novice champion point-to-point rider Tudor drove his mount home to a length and a three-quarter win over *Trucker's Lodge* and told the press: "These are the races you dream of winning as a kid. My parents said I used to cry until they took me outside and sat me on a horse and I shut up then!''

The horse is part owned by Welsh Rugby Union international player Jonathan Davies and although returned at odds of 8-1, was at 33-1 leading up to the race.

Christian Williams in the 2007 Welsh Grand National riding *Halcon Genelardias* and giving the winner *Miko De Beauchene* 1st 7lbs, was beaten just a head in the race and, but for a mistake at the last, might well have won. Christian was also second in the 2005 race on *Hero's Collognes* which was well beaten by *L'Aventure.*

Racegoers from the Vale also had plenty to cheer about in the previous race when Tim Vaughan's *Eva's Oskar* and Evan Williams' *Clyne* fought out the finish, with victory going to the former by two-and-a-half- lengths. A 17-2 chance, *Eva's Oskar* was partnered by stable jockey Alan Johns.

Ten things you might not know about the Welsh Grand National

1 The first Welsh Grand National was held at Cardiff's Ely Racecourse in 1895 over a distance of two miles and four furlongs and was won by *Deerstalker*, partnered by former Flat racing jockey George Mawson.

2 More than 40,000 racegoers flocked to Ely Racecourse in 1896 to see the famed Aintree hero 12-year-old *Cloister*, ridden by Wales' Gwyn Saunders-Davies, beat the five-year-old *Greenhill* by two lengths.

3 In 1901, only four of the original 28 entries went to post and *Gangbridge,* ridden by his owner Mr Herbert S Sidney, came home 15 lengths ahead of *Kirkland,* the 1905 winner of the Aintree epic. To this day *Kirkland* remains the only horse actually trained in Wales to have won the Aintree Grand National.

4 The 1925 Welsh Grand National went to the Keith Piggott ridden *Vaulx,* which came home 10 lengths ahead of *Old Tay Bridge,* which was unlucky not to have won the Aintree Grand National.

5 In 1927 victory went to 13-year-old *Snipe's Bridge* which remains to this day the oldest winner of the race at Ely Racecourse. *Snipe's Bridge* was partnered by Willie Gurney and won by a length from the seven-year-old *Animated*.

6 The attendance at Ely Racecourse in 1936 was reported to have been the highest in years, no doubt brought about by the appearance of the legendary *Golden Miller,* a winner of an unprecedented five Cheltenham Gold Cups and a Grand National. Sadly The *Miller*, which carried top weight of 12st 7lb, could only finish third behind *Sorley Boy* and *Free Wheeler.*

7 The only Welsh Grand National to be held at Newport's Caerleon Racecourse was in 1948 when 10-year-old *Bora's Cottage*, trained by Captain Ryan Price and ridden by Eddie Reavey, won at odds of 100-8.

8 Before Christian Williams' *Potters Wheels* won in 2019, the last time a horse trained in Wales won the race was in 1965 when former Welsh point-to-pointer *Norther*, ridden by Terry Biddlecombe and trained in the Vale by Denzil Jenkins, who during the war had commanded a squadron of fighter pilots, beat the Fred Winter-trained *Quintina.*

9 In 1991, the Martin Pipe-trained *Carvill's Hill,* shouldering a hefty 11st 12lbs, left his 16 rivals trailing when coming home 20 lengths ahead of *Party Politics* under Peter Scudamore.

10 In 1993, *Riverside Boy* gave trainer Martin Pipe his third successive win in the race when ridden by Richard Dunwoody. The previous year he had won it with *Run For Free.*

* Adapted from Brian Lee's *The Welsh Grand National – from Deerstalker to Emperor's Choice* and published by The History Press at £14.99.

More wins for Evan Williams and Connor Brace

HEREFORD Racecourse has always been a lucky one for Llancarfan's Evan Williams and last Friday his seven-year-old *BallyBreen*, partnered by Connor Ring, landed the three mile and one furlong British Racing Handicap Chase at odds of 16-1.

BallyBreen got home by half-a-length from *Eaton Miller* with the favourite *Kilcrea Bridge* a further two-and-a-half lengths away in third place.

However, a 280 mile trip to Plumpton on the Sunday failed to pay dividends when his nine-year-old *Billy Bronco* was never in the hunt in the handicap chase and was pulled-up by stable jockey Adam Wedge.

Conor's Wincanton winner

BRIDGEND'S Connor Brace continues his good form and last Saturday at Wincanton, riding *Hurricane Harvey*, the odds-on favourite for his boss Fergal O'Brien, Connor won the novices' hurdle.

Another Welsh jockey who had plenty to smile about at Wincanton was Sean Bowen, who won on 12-1 shot *ItsOnlyRockAndRoll* and 16-1 chance *Sir Irvan*.

Evan Williams's *Sign Of War*, under stable jockey Adam Wedge, won the novices' handicap chase at Chepstow on Monday (6/1/20). The six-year-old, which was returned at odds of 11-1 won by one-and-a-quarter lengths from *Lady Kingsmill*.

Brian Lee

Winter golf continues at Brynhill

AFTER the recent heavy rain, the course at Brynhill Golf Club was reduced to 16 holes for Sunday's four ball better-ball winter competition.

Top of the pile on the day were Peter Cooper and Colin Lewis – a bit like balsamic vinegar and strawberries these two, it's a weird pairing that works, their 43 points being enough to bump Mickey Perry and Phil Underdown into second on a back nine count back, with Richard Pierce and Gareth Davies securing third.

AS

Ben makes an early start on his hole-in-one tally

GETTING a hole in one at golf is always a big deal but as with life itself, the share out isn't always fair.

Some top quality professionals look back on their career and wonder why they never had one, while there are distinctly average players out there who claim maybe half a dozen.

So, there will plenty of club golfers who will be more than a touch envious of Ben Browne, who has just recorded his first at the age of just 12!

What's more, Ben can claim a 'proper' hole in one – one that did not depend on a lucky bounce.

If you talk to golfers who have recorded holes in one, they can sometimes be a touch evasive. They're a little bit reluctant to recall that the shot was heading for a greenside bunker before taking an unlikely kick!

However, Ben has rock solid evidence that his shot headed straight for the pin, with no lucky bounces involved.

Ben, who is in his second year at Cowbridge Comprehensive School, was playing at Cottrell Park with the club professional Gareth Bennett, who is also coaching him.

Ben's father, Peter, told The GEM: "They were on the Button course, and on the second, a 105-yard par three, Ben took out an eight iron.

"It's a blind tee shot, with a hump in front of the landing area, but they thought Ben had come close when they heard a metallic sound just as the ball landed.

"When they got there, the ball was in the hole, and the pitch mark had carved a piece out of the lip of the cup!"

He added: "Ben has been out hitting a ball since he could walk, but has started having lessons and playing more seriously for just over a year.

His handicap at the moment is 29, and he is hoping to kick on next year!"

St Mary's seniors are out with the old and in with the new

FOR their last game of 2019, St Mary's senior section played an individual stableford competition.

Due to the gloomy weather and soggy course conditions, the field of 23 opted to play the match over a reduced course of just 12 holes.

The players did, indeed, find muddy and wet conditions throughout and the greens were not at their usual best due to a lack of respite from the seemingly incessant rain. Scoring, nevertheless, was reasonable with a level par 24 points sufficient for former captain Hugh Williams to claim the victory. Ray Stacey was placed second, one point back on 23 .

Just two days later, for their first game of 2020, just 14 members teed off in another stableford competition played over an even shorter course of 10 holes.

At close of play, current captain Steve Phillips and Jon Paton were declared joint victors, each carding a two better than par score of 22 points.

NL

Local Bridge Clubs – all the latest news and results

Penarth Bridge Club

RESULTS from Penarth Bridge Club are as follows:

December 17: first, Jim Elder and Meryl Skipper (55.0 per cent); second, Carol Cochlin and Philip Bottrill (54.2); third, Peter Craig and Marnie Owens (53.8). First on handicap, Carol Cochlin and Philip Bottrill.

December 19: N/S Dennis and Sue Patrick (68.3 per cent); E/W Yvonne and Alan Simons (65.0).

December 20: first, Mike Downey and Trish Tracey (66 per cent); second, Jim Elder and Meryl Skipper (58); third, Rod and Angie Hudson (51).

Penarth Bridge Club is a warm and friendly club that meets every Tuesday and Friday at Trinity Church Hall, Woodland Place, CF64 3EN.

Barrivale Bridge Club

RESULTS for Barrivale Bridge club on December 17 are as follows:

First, Denis Mottram and Ken Hannah 70 per cent; second, Peter Millar and Kay Dyer 57.50; third, Hilary Laurence and Vivien Liles 52.50.

The handicap winners were Hilary and Vivien.

Bridgend Bridge Club

THE latest results for Bridgend Bridge Club are as follows:

On December 18: First, Tony Disley and John Evans; second, Glyn Williams and Irene Wickham; equal third, Tony Haworth and Kevin Maddox, and Debbie Lea and Emer Disley.

On December 19: First, Marjorie Halley and Sheila Gass; second Ivor Hicks and Stuart Norton; third, Leila O'Hagan and Margaret Roach. The winners on handicap were Marjorie Halley and Sheila Gass.

On December 20: First, Dave and Debbie Lea; second Simon and Debbie Richards; third, Emer Disley and Bill Turner. The winners on handicap were Dave and Debbie Lea.

Vale of Glamorgan Bridge Club.

RESULTS for January 6 are as follows:

First, Mike Best and Kevin Maddox 65.91%; second, Glyn Williams and Vida Halford 65.63%; third, Alan and Elaine Robins 63.02%.

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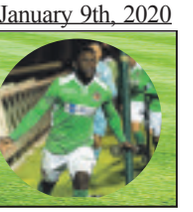

Barry have the cutting edge to grab away bonus point victory

TRAVELLING to Mountain Ash last Saturday, Barry could not have expected to achieve the bonus point win that they well and truly deserved in a hard-fought encounter.

The only difference between the sides was that Barry took their chances and the Old Firm didn't.

The Old Firm took the lead within the first minute from a penalty and went further ahead soon after from a second to give them a six-point lead.

A penalty chance from Barry sailed just wide, but they launched an attack from the restart with a few inventive passes confusing the home defence and good support play saw Lucas Davies take the try-scoring pass to cross for the try, with Kyle Barross adding the conversion for a 7–6 lead.

Tactically, Barry played the territorial game well, but when the chances came they took full advantage as a turnover forced the home side to concede a penalty, with Kyle Barross again doing the honours to extend the lead to 10–6.

The Old Firm had their chances too but a mixture of good defence and basic errors was costing them dear and they were soon to pay the price.

A move beginning on the half way line saw Barry attack as the ball passed through several pairs of hands. It finally reached Brad White to cross for the try, the touchline conversion from Kyle Barross added icing to the cake and Barry were ahead 17–6.

Despite enjoying a good share of the ball the Old Firm had not really threatened the Barry line, but in the minutes of the half remaining they did just that, but again basic errors let them down and they ended the half with nothing more to show for their efforts.

Things only got worse for them as they failed to gather the second half kick off, allowing Barry regain the ball with a deft pass finding Luke O'Sullivan in support to cross unopposed for the try. Despite the conversion being missed, Barry had gone into a 22–6 lead.

Barry had their tails up and a 60-metre burst from their 22 by Alyn Evans nearly created another try but the final pass didn't go to hand.

Frustration grew in the home ranks as a series of penalties were conceded, giving Barry more opportunities to seek that important fourth try and a bonus point.

The Old Firm looked to have finally got themselves a score following a searing break from the full back, which deserved a try, but a last-ditch tackle saved the day.

After that near miss the Mountain Ash virtually emptied the bench in an effort to get into the game, but still continued to concede penalties in vital areas, with credit to the Barry defence which in the main had been tight all afternoon.

Their frustration mounted when Barry reached the home 22 and had the final pass gone to hand the bonus try was there, but it didn't.

Again the Old Firm got into the Barry 22 but somehow Barry stole the ball and gained 60 metres of territory.

Putting pressure on the home defence, Barry regained the ball and took the opportunity to move it quickly through the backs. Accurate passing saw the overlap created with Chris Lockyer taking the final pass to cross wide out. It was not converted but the lead was now 27–6 with 12 remaining.

Having achieved the bonus point and deciding the game was won, Barry took their foot of the pedal. They paid for that almost immediately as a driving lineout took play infield where the home side crossed for their first score in over an hour.

Regaining the restart, the home side were penalised and Kyle Barross was on hand to push the score to 13–30 as the clock ran down.

There was still time for the Old Firm to score a further converted try in injury time which made the scoreline more respectable, with the final whistle coming straight after the conversion to end the game.

A great win on the road for Barry, their third, and there were many pleasing aspects in the performance, mainly the improvement in the support play.

Next Saturday Barry are at home to St.Peters in a League fixture, kick off at 2.30pm.

The club lottery rolls over to £1,150 this week after last week's numbers 01 - 03 -10 and 15 failed to find a winner. One ticket matched three numbers to claim £10.

AJ

The Vale of Glamorgan Football League's latest

HOLTON Road took a giant step toward the Premier Division title as they defeated third place Cadoxton Imps 2–0 to maintain their unbeaten record.

Goals from Ben Pearce and Linford Harris ensured that Holton Road keep the pressure on leaders AFC Rhoose, who took the bragging rights in the Ceri Road derby against Cardiff Airport as they comfortably won 4–0. Holton Road sit four points behind Rhoose but with three games in hand.

Island Marine were finally back in league action and back with a bang with a 3–1 victory over Cowbridge Town. Marine have games in hand on everyone and this is a win that could set them on a run.

Tynewydd extended their unbeaten run to four games as Craig Rattenbury's strike gave The Inn an impressive 1–0 triumph over reigning champions Barry Athletic.

Penarth Town continue to find good form and they carried it into the derby against Cogan Coronation, winning emphatically 5–1, Rhys Fford starred for Town as they are making Cwrt Y Vil a fortress again.

In Division One, Cadoxton Barry's unbeaten run came to a screeching halt as leaders AFC Rhoose B thumped them 6–2. Rhoose B sent out a frightening message to the rest of the division as they are now odds on favourites for the title. Caddy Barry, however, do have three games in hand on their rivals, but sit 12 points behind them now, so the race isn't over – but can anyone really stop Rhoose B?

That result allowed Barry Vikings to make second place their own as they pulled off a thrilling 3–2 win over Vale United, the goals coming from Mathew James, Cory James and a last minute winner from Harry Lambert.

Cwm Talwg continue to show how difficult they are to break down and this week added goals to their equation as they picked up their third win of the campaign with an impressive 2–1 win over Vale Madrid to leapfrog them in the table.

St Athan B made it two wins in a row with an excellent 4–1 win over Island Marine B, a first senior hat trick from 17-year-old James Clancy helping Saints B up to seventh.

Penarth Town B produced the days most stunning result as they thrashed Rhoose Social 7-0 at the Butts.

Finally, SP Billy picked up their first league win of the season, by 5–2 victory over Holton Road B.

HD

Injury hit Barry Town clinch elite conference spot after crucial win

Town players celebrate opening the scoring on Boxing Day.

BARRY Town kick off 2020 at Connah's Quay this Saturday (2.30pm), with their place in the JD Cymru Premier's Championship Conference secured for a second straight season.

After taking four points from six against Cardiff Met in back-to-back fixtures over the festive period, Gavin Chesterfield's team will now have an eye on challenging for Europe again, with a place in the end-of-season play-offs as a minimum already sealed.

While honours were even on Boxing Day in a 1-1 at Jenner Park, Barry's 1-0 success in Cyncoed four days later enabled the Town to take its place alongside The New Saints, Connah's Quay and Bala, with two of Caernarfon Town, Cefn Druids and Newtown most likely to complete the elite Top Six.

Making two changes from the pre-Christmas victory at Aberystwyth Town, Barry manager Gavin Chesterfield recalled both Mo Touray and Callum Sainty for the December 26 match, taking the places of suspended Jonathan Hood and unwell Keyon Reffell, respectively.

However, it was club captain Jordan Cotterill who orchestrated the breakthrough with a fine individual goal, cutting through the Cardiff Met defence to give the Town an eighth minute advantage.

Battling to win the ball from visiting skipper Bradley Woolridge, Cotterill threaded the ball through the legs of Charlie Corsby, carrying it into the area and placing his final effort into the bottom corner.

However, Barry's 1-0 lead was short-lived, as Jordan Lam equalised in the 20th minute; the 25-year old initially getting the better of Evan Press and cutting inside Chris Hugh, before delivering a sweet, left-footed effort.

The visitors then looked likely to seize the lead from a set piece, only for Barry Town goalkeeper Mike Lewis to dynamically deny Joseph Evans' snatched-at effort from point-blank range.

A revitalised Lewis also denied Dylan Rees with another spectacular save, this time tipping over the crossbar, before Chris Baker's low attempt brushed his far post towards the end of the first half.

In the second period, Lewis was at it again, frustrating Wales C forward Elliot Evans after teammate Lam had dispossessed Curtis Watkins, before Barry had an effort of their own cleared off the goal line, with Emlyn Lewis denying Luke Cooper what might well have gone on to be the match winner.

However, perhaps the biggest story of the game was the hat-trick of injuries that dogged Barry's efforts and left Gavin Chesterfield with quite the patched-up side by Dean John's full-time whistle.

First, Cotterill went down in the area with what proved to be a dislocated shoulder, prompting the Town captain, in the midst of a strong performance, to be replaced by Watkins in the 38th minute.

Then, midfielder Sion Spence succumbed to a knee injury, with the 19-year old on loan from Cardiff City duly making way for former Bluebirds youngster Rhys Abbruzzese at the game's halfway point.

To make matters worse for Barry, Watkins' festive foray would prove frustratingly fleeting; an ankle injury forcing him off after 71 minutes, with final substitute Drew Fahiya coming on to plug the gap.

Barry's injury woes left them facing a daunting task in the return on December 30. With three heavy defeats to the Met in Cyncoed preceding a 4–0 Nathaniel MG Cup Final loss to The New Saints in 2017 and last-minute Welsh League heartbreak on the same ground in 2015, Barry's trip to the capital was already viewed with trepidation, even before their injury-ravaged Boxing Day.

Nevertheless, a good number of Town supporters made the short trip to leafy Cyncoed and were rewarded with a fine upset, as Barry wrapped up the decade with their sixth 1–0 win of the season.

With the trio of crocked absentees, and Fahiya and Callum Sainty struck down by illness, manager Chesterfield gave recalls to both Hood and Reffell, while for the second successive outing, there were places on the Barry bench for academy products Jack Pascoe and Latham Garrett.

Hood, however, would hardly feature in Cyncoed, as a groin injury saw him off in the eighth minute.

As fate would have it, Barry's increasingly-absurd succession of injuries gave the opportunity for Hood's replacement Paul Morgan to remind supporters what he could do; the tenured and trophy-winning defender impressing on what was a rare appearance for the Town in the 2019-20 campaign.

In similar fashion, it was a successful night for teammate Abbruzzese, the second-generation Barry player making the most of his extended stay in the side and earning the man of the match plaudits.

With Lewis shutting out Lam, the unorthodox Barry XI avoided their nightmarish starts of 2017 and 18 to be level-pegging at the break, before creating the key moment at the start of the second half.

Battling to take control on the right after Luke Cummings' drifting free-kick, Clayton Green fed Mo Touray at the edge of the area, allowing him to skip by his man, before floating the ball to the back post, eluding goalkeeper Will Fuller to put the Town in front.

It was Touray's first goal since returning to the club on a second loan spell from Newport County.

Injected with confidence on breaking his duck, Touray caused Fuller added concern with a long-range attempt that flew by his crossbar later in the half, while both Kayne McLaggon and Abbruzzese had shouts for a penalty, the latter after thrillingly riding a series of Cardiff Met challenges.

With the Town working hard to close out the match, Met briefly threatened to nab a late equaliser, when hotshot Evans fired toward a crowd of players on the line, after Lewis' punch failed to clear.

However, the Barry goalkeeper and his determined defence, which included an exceptional Hugh performance in the unfamiliar role of centre-back, did more than enough to hold onto their lead.

The result was a first league win at the Met in over 12 years and a real monkey off the back of the Jenner Park side, who will now look to kick on in Phase Two, in spite of their rash of injury worries.

After Saturday's visit to Connah's Quay's Deeside Stadium, Barry conclude Phase One of their JD Cymru Premier campaign against Carmarthen at Jenner Park on Saturday, January 18 (5.15pm).

Ashley Cox